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Couples Questionnaire

1. What are the issues that led you to decide to come to couples therapy?
2. How long have you been together as a couple?
3. What was it like in the beginning of your relationship? How long did this phase last?
4. What was your first big conflict? What happened and how did you resolve it?
5. What qualities were you initially attracted to in your partner?
6. What are the things you find most fulfilling in your relationship?
7. When do you feel the least fulfilled in your relationship?

8. How are the two of you similar?

9. How are the two of you different?

10. How do you deal with your differences?

11. Do you spend time in activities away from your partner? If so, how often? Do you spend time alone with people who are not mutual friends? Does this create conflict in your relationship?

12. How safe do you feel expressing your innermost thoughts and feelings to your partner? How do you ask for emotional support from your partner when you are feeling vulnerable? Do you expect to get it?

13. Would your partner say that you are emotionally responsive to his/her emotional needs? Explain.

14. Do you take an active, energetic role in nourishing the relationship? Does your partner do the same? How?

15. Do you support your partner's development as an individual? How? Do you support his/her growth as an individual even when you don't agree? How (give example)?

16. Do you believe that your partner is giving at least 50% to the relationship?

17. How do you usually react when there is conflict between you?

18. How does your partner usually react to conflict?

19. What strengths do you draw upon that support the resolution of your differences when there is a conflict?

20. What strengths does your partner draw upon that support the resolution of your differences when there is a conflict?

21. When you feel angry at your partner, how do you usually express it?

22. How does your partner usually express anger?

23. What helps you calm down when you are upset?

24. What helps your partner come down?

25. How do you ask for support in your relationship? Do you get it? How often?

26. How does your partner ask for support? Do they get it? How often?

27. Do you feel that romance is an important part of your relationship?

28. What do you find most satisfying about your sex life?

29. What do you find least satisfying about your sex life?

30. How has your sexual relationship changed since you were first together?

31. What percentage of the time do you feel loved, cared for and appreciated by your partner?

32. What percentage of the time when you are together is positive or negative?