

Couples Counseling Questionnaire

Name _____

Date _____

Choosing Dr. Warsaw for couples counseling, you are taking a very important step toward building a more fulfilling and satisfying relationship. Although traditionally it has been referred to as marriage counseling, the same principles that help improve marriages can be effective for any couple in a committed relationship. Couples counseling takes a commitment from both parties as well as a commitment from the therapist to help both parties.

In couples counseling, your relationship is our main focus. The purpose of counseling is *not to find fault or place blame* but to help both members of the couple become aware of how their thoughts and actions can negatively affect the relationship. It is through this awareness that each member can begin to replace negative behaviors with ones that strengthen and nurture the relationship.

For success in couples counseling it is crucial that both members have 1) goals for the relationship and 2) the desire and willingness to make changes to achieve those goals. To help us help you, individually, answer the following and bring the completed forms to your first session with Dr. Warsaw. **Please Print or Write Clearly and Concisely.**

What are your goals for your relationship? _____

What attracted you to your partner, originally? _____

Name three things you like about your partner now. _____

Name three strengths of your relationship with your partner. _____

What changes to you think you need to make to improve your marriage/relationship? _____

Name three things you would like to see change in your partner. _____

What changes are you willing to make to improve your relationship? _____

What else do you think is important for me to know as we begin the counseling process? _____
