

Psychotherapy Services of CT, L.L.C.

Vernon, CT 06066
Phone: (860) 647-8995

Couples History

Partner 2: _____ **DOB:** _____ **Date:** _____

Please list all of the people living in your household:

<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Place of work or school</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

What problems are you experiencing within your relationship at this time? _____

Do you have any of these false beliefs about your relationship?

Examples of false beliefs about relationships:	Yes	No
1. One person can and should make another happy.	_____	_____
2. One person is responsible for another's unhappiness.	_____	_____
3. A partner/spouse should understand you perfectly.	_____	_____
4. A partner/spouse should anticipate your needs/wants	_____	_____
5. We need a partner to be happy.	_____	_____
6. We can't be happy or enjoy ourselves if our partner isn't enjoying her or himself.	_____	_____
7. If a partner doesn't share your view/opinion it means that he/she doesn't love you.	_____	_____

What Do You Want From Your Relationship?

Below are a list of wants and desires that a large number of people have identified as very important to them. Please read the statements below and rate the importance of each relational desire from 1 (**lowest**) to 10 (**highest**) in importance to you. Once you have gone through each item, rank your top ten most important desires.

I have a desire to.....

	Low Importance	High Importance
1. Feel connected through talking.	1 2 3 4 5 6 7 8 9 10	
2. Feel connected through sharing recreation/fun times together.	1 2 3 4 5 6 7 8 9 10	
3. Be touched non-sexually.	1 2 3 4 5 6 7 8 9 10	
4. Have sex.	1 2 3 4 5 6 7 8 9 10	
5. Receive verbal tenderness.	1 2 3 4 5 6 7 8 9 10	
6. Receive physical tenderness.	1 2 3 4 5 6 7 8 9 10	
7. Be supported as I live by the laws of God.	1 2 3 4 5 6 7 8 9 10	
8. Know we'll stay together and feel secure in love.	1 2 3 4 5 6 7 8 9 10	
9. Know we'll stay together and feel secure in finances.	1 2 3 4 5 6 7 8 9 10	
10. Feel accepted and valued for who I am.	1 2 3 4 5 6 7 8 9 10	
11. Feel accepted and valued for what I do.	1 2 3 4 5 6 7 8 9 10	
12. Feel safe when I share who I am.	1 2 3 4 5 6 7 8 9 10	
13. Be included in most decisions that affect my life or marriage.	1 2 3 4 5 6 7 8 9 10	
14. Gain agreement and harmony in decision-making.	1 2 3 4 5 6 7 8 9 10	
15. Know that he or she needs me.	1 2 3 4 5 6 7 8 9 10	
16. Be supported in my desire to serve others.	1 2 3 4 5 6 7 8 9 10	
17. Receive genuine praise and affirmation.	1 2 3 4 5 6 7 8 9 10	
18. Be supported in my desire to have alone time.	1 2 3 4 5 6 7 8 9 10	
19. Be physically attracted to my spouse.	1 2 3 4 5 6 7 8 9 10	
20. Know that my spouse is honest and trustworthy.	1 2 3 4 5 6 7 8 9 10	
21. Receive gifts.	1 2 3 4 5 6 7 8 9 10	
22. Receive genuine appreciation for my service.	1 2 3 4 5 6 7 8 9 10	

I have a desire for my spouse to....

Low Importance High Importance

- 23. Develop with me a future plan for our marriage. 1 2 3 4 5 6 7 8 9 10
- 24. Be faithful. 1 2 3 4 5 6 7 8 9 10
- 25. Become emotionally healthy. 1 2 3 4 5 6 7 8 9 10
- 26. Maintain a mutually vibrant spiritual relationship. 1 2 3 4 5 6 7 8 9 10
- 27. Apologize and seek forgiveness. 1 2 3 4 5 6 7 8 9 10
- 28. Resolve differences/conflicts/arguments with me. 1 2 3 4 5 6 7 8 9 10
- 29. Provide mutually satisfying communication. 1 2 3 4 5 6 7 8 9 10
- 30. Cope with crises and stress. 1 2 3 4 5 6 7 8 9 10
- 31. Understand my personality and gender differences. 1 2 3 4 5 6 7 8 9 10
- 32. Demonstrate a willingness to change (flexibility). 1 2 3 4 5 6 7 8 9 10
- 33. Work towards unity with me on how to raise our children. 1 2 3 4 5 6 7 8 9 10
- 34. Be passionate and romantic. 1 2 3 4 5 6 7 8 9 10
- 35. Socially connect with others. 1 2 3 4 5 6 7 8 9 10
- 36. Maintain careful control over his or her expectations. 1 2 3 4 5 6 7 8 9 10
- 37. Notice our positive relational history. 1 2 3 4 5 6 7 8 9 10
- 38. Strive for mutuality and equality in our relationship. 1 2 3 4 5 6 7 8 9 10
- 39. Share negative and positive feelings without delay. 1 2 3 4 5 6 7 8 9 10
- 40. Accept my influence. 1 2 3 4 5 6 7 8 9 10
- 41. Periodically update his or her knowledge of what my relational desires are. 1 2 3 4 5 6 7 8 9 10
- 42. Other desire: _____.

What type of communication do each of you have?

	Myself	Partner
1. Following	___	___
2. Directing	___	___
3. Guiding	___	___

Check the appropriate boxes describing your use of cigarettes, alcohol and marijuana:

	CIGARETTES		ALCOHOL		MARIJUANA
Don't Smoke		Don't Drink		Don't Smoke	
<Than 1 Pack/Day		Drink 1/Month		Smoke 1/Month	
1 Pack/Day		Drink 1/Week		Smoke 1/Week	
>1 Pack/Day		Drink More Than 1/Week		Smoke More Than 1/Week	
Do You want To Quit?		Do You Want To Quit?		Do You Want To Quit?	

Have you ever been arrested for DWI/PUI? If so, indicate the number of DWI's and dates:

Do you use other drugs (for example, cocaine, speed, etc)? If so, describe:

Have you ever seen a counselor or doctor for emotional, mental health or substance abuse difficulties: If yes, list who and when:

Were you Hospitalized: Yes ___ No ___ If so When: _____

Have you ever heard voices or seen things that other people cannot see or hear? Yes No
If so describe: _____

Do you ever feel that people are out to hurt you? Yes No
If so describe: _____

Do you feel that people are talking about you behind your back? Yes No
If so describe: _____

Have you had any feelings of wanting hurt yourself or anyone else **over the past month:** If yes, describe _____

Have there been any attempts of suicide: Yes ___ No ___ If So When: _____

How did you view your parent's relationship growing up?

How did you feel your parents handled troubles within their marriage/household?

Do any of your family members have emotional, behavioral, mental health or substance abuse difficulties: If yes, who and when: _____

What are your personal strengths and support systems that have allowed you to cope with other difficult life situations in the past:

What specific changes do you want to make in order to feel that your therapy experience has been successful:
1. _____
2. _____
3. _____