



Name: _____ Date: _____

Couple Screening Form

Directions: Check the items that apply

MOODS: (ex. irritability, depression etc.)

___ My moods are a problem to the relationship. If yes, please explain how?

___ My partner's moods are a problem to the relationship. If yes, please explain how?

AGGRESSION

___ My temper adversely affects our relationship

___ I have been verbally abusive to my mate

___ I have been physically abusive to my mate

___ My partner's temper adversely affects our relationship

___ My mate has been verbally abusive to me

___ My mate has been physically abusive to me

___ Our fights and arguments are very destructive to our relationship.

AFFAIRS

___ I have had an affair during our relationship (or an inappropriate outside relationship).

___ I am currently having an affair (or an inappropriate outside relationship).

___ My partner has had an affair during our relationship (or an inappropriate outside relationship).

___ My partner is currently having an affair (or an inappropriate outside relationship).

SATISFACTION AND COMMITMENT

___ % I am committed to staying in our relationship.

___ % Overall how satisfied are you now with your relationship?

Directions:

In percentage terms, how strongly do you agree with the statements below.

Use this scale to answer the questions below.

0 25% 50% 75% 100%

Not at all Slightly Moderately Very Extremely

- _____ % I feel disorganized by all this negative emotion.
- _____ % I can't think straight when my mate gets so negative.
- _____ % Talking things over with my mate only seems to make them worse.
- _____ % I have little confidence that we can discuss a significant problem without fighting.
- _____ % I am basically unhappy with my relationship.
- _____ % I have often felt like leaving my mate.
- _____ % I often don't feel close to my mate.
- _____ % I'm not satisfied with our sex life.
- _____ % I feel lonely in our relationship.
- _____ % I feel we are disconnected.
- _____ % My mate and I live separate lives.
- _____ % I confide in a special person outside of our relationship. Who?
- _____ % There are specific events in our relationship which I am having trouble getting over.

Other Problem Areas
