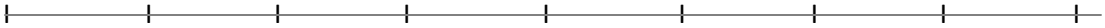
Name _____ Date _____

Couples Wellness Assessment

Please answer as accurately and honestly as possible.
Place an X on the scale or circle the appropriate description where your current experience falls.

- How loved by your partner do you feel?



Not very well
Unsure, don't feel it

So-So
Inconsistent

Very Well
Certain of love

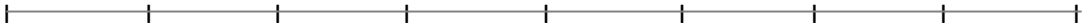
- How much conflict do you and your partner experience?

A lot, Very tense
Many arguments

Some

Minimal
Very Harmonious

- Satisfaction with physical intimacy (sex life)?

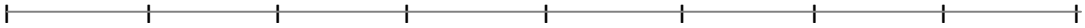


Not at all satisfied

Ok/Fairly satisfied

Very satisfied

- How well do you and your partner communicate?

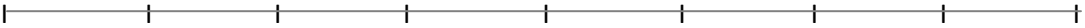


Not well at all
Rarely talk

Ok
Some sharing

Very well
Talk about everything

- How well do you and your partner handle differences?

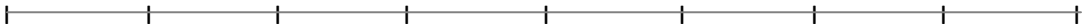


Not well -much anger
Conflicts rarely resolved

Ok, sometimes resolve
Some frustration

Well, mostly peaceful
Negotiate with best interest of children in mind

- How often are you and partner on the same page with decisions?

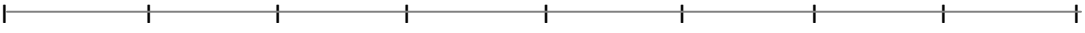


Rarely agree
Often make unilateral decisions

Sometimes agree
Inconsistent collaboration

Frequently agree
Routine collaboration

- How often do you and your partner relax/have fun together per week?



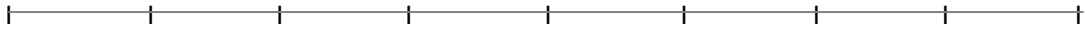
Never 1 2 3 4 5 6 7 Multiple x/ daily

Name _____ Date _____

- How much do you trust your partner?

Not at all — Somewhat — Implicit
Suspicious, many trust issues — Doubtful at times — No real doubts

- How close do you feel to your partner (level of emotional connectedness)?



Not, close — Somewhat — Very close
Distant, disconnected — Fairly Close — Well Connected

How long have you and your partner been together? _____

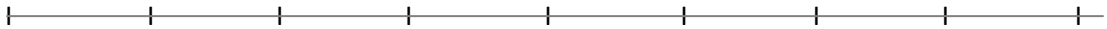
" " " " " " " " Married? _____

How many children do you have together? _____
" " " " " " from prior relationships? _____

What is your biggest concern with the relationship at the moment? What is in need of most improvement?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

- Describe your personal level of stress:



Minimal, Mostly + stress — Average, Some negative impact — Extremely high Usually overwhelmed

Area(s) stressed by (e.g., finances, relationships, etc.): _____