

## Couple Therapy Checklist

Name: \_\_\_\_\_

Date: \_\_\_\_\_

	YES	MAYBE	NO
Commitment issues for one or two parties . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationship not what it used to be; love, affection gone . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apparent mismatch of personalities (e.g., free spirited vs. planner) . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apparent mismatch of goals, values, interests, sociability . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflict: fighting about specific issues (e.g., parenting, money, control, sex) . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflict: fights about minor incidents flaring up . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflict: disagreeing on issues and difficulty in conflict resolution. . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflict: experiencing the partner as unwilling to compromise . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflict: name calling, abuse or violence by one or both partners . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication: one partner wants to talk things over, the other avoids talking . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication: a partner remains quiet to avoid conflict, partner flares up . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication: an angry partner remains silent to punish the other. . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Equality: doing all the work and experiencing the partner as lazy . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Equality: one partner controls financial resources, bringing up children, etc. . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intimacy: passion/sexual interest diminished . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intimacy: infrequent or no sex life; unequal sexual needs . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intimacy: lack of warmth, affection . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aloneness: lack of attention, not feeling special, valued, respected . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling like the partners have grown apart, no longer fulfilling a need . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Addiction, illness (physical or mental), special needs taking a toll. . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dealing with suspected or confirmed infidelity or affair . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One or both persons consider leaving the relationship, separation, divorce . . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>