

D. List five interests which you and your partner share. How often do you do these thing together. (Mark with an X)

	Daily	Weekly	Monthly	Less Often
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____

E. List five of your own interests. How often do you do these? (Mark with an X)

	Daily	Weekly	Monthly	Less Often
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____

F. List five positive characteristics of your partner and five positive characteristics of yourself.

Partner	Self
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

G. List what you would like to change about yourself.

1. _____

2. _____

3. _____

4. _____

5. _____

H. In what ways have I been showing or giving love lately?

1. _____

2. _____

3. _____

4. _____

I. Overall, on a scale of 0-10, (0=very dissatisfied and 10= very satisfied), rate the following (circle a number):

1. How satisfied do you think your partner is with your relationship?

0 1 2 3 4 5 6 7 8 9 10

2. How satisfied are you with you relationship?

0 1 2 3 4 5 6 7 8 9 10

J. List three things which you believe would improve your satisfaction with your relationship.

1. _____

2. _____

3. _____

K. List three things which you believe would improve your partner's satisfaction with your relationship.

1. _____

2. _____

3. _____

L. Overall, on a scale of 0-10 (0=not at all committed and 10=very committed), rate the following (circle a number):

1. How committed do you think your partner is to working on this relationship?

0 1 2 3 4 5 6 7 8 9 10

2. How committed are you to working on this relationship?

0 1 2 3 4 5 6 7 8 9 10

3. How committed do you think your partner is to making changes to improve the relationship?

0 1 2 3 4 5 6 7 8 9 10

4. How committed are you to making changes to improve the relationship?

0 1 2 3 4 5 6 7 8 9 10

J. What proportion of the time spent with you is happy for your partner, in your opinion?

0% 25% 50% 75% 100%

K. What amount of the time spent with your partner is happy for you?

0% 25% 50% 75% 100%

L. How much happier do you think your partner expects to be?

0% 25% 50% 75% 100%

M. How much happier do you expect to be as time goes on or with therapy?

0% 25% 50% 75% 100%