

# The Couples Center PLLC: Couples Questionnaire

*The first set of questions is about how you feel about your marital relationship right now. Please answer questions 1 - 3 based on the following scale:*

All of the time	Most of the time	More often than not	Occasionally	Rarely	Never
0	1	2	3	4	5

1. In general, how often do you think that things between you and your partner are going well?

\_\_\_ 0      \_\_\_ 1      \_\_\_ 2      \_\_\_ 3      \_\_\_ 4      \_\_\_ 5

2. Do you confide in your mate?

\_\_\_ 0      \_\_\_ 1      \_\_\_ 2      \_\_\_ 3      \_\_\_ 4      \_\_\_ 5

3. How often do you discuss or have you considered divorce, separation, or terminating your relationship?

\_\_\_ 0      \_\_\_ 1      \_\_\_ 2      \_\_\_ 3      \_\_\_ 4      \_\_\_ 5

4. The dots on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please check the dot which best describes the degree of happiness, all things considered, in your relationship.

0                       1                       2                       3                       4                       5

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Extremely unhappy	Fairly unhappy	A little unhappy	Happy	Very happy	Perfect
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5. There are many reasons why some marriages end in divorce. Could you check all the reasons below that have been important in your marital situation?

\_\_\_\_\_ How my spouse handles money

\_\_\_\_\_ Growing apart

\_\_\_\_\_ Not enough attention

\_\_\_\_\_ Not able to talk together

\_\_\_\_\_ My spouse's friends

\_\_\_\_\_ My spouse's leisure activities

\_\_\_\_\_ In-law problems

\_\_\_\_\_ My spouse's personal habits

\_\_\_\_\_ How we've divided household responsibilities

\_\_\_\_\_ Religious differences

\_\_\_\_\_ Alcohol or drug problems

\_\_\_\_\_ Personal problems of my spouse

\_\_\_\_\_ Infidelity

\_\_\_\_\_ My spouse's excessive work hours

\_\_\_\_\_ Sexual problems

\_\_\_\_\_ How we have divided child care responsibilities

\_\_\_\_\_ Physical violence

\_\_\_\_\_ Differences in our tastes and preferences

\_\_\_\_\_ Conflicts over raising stepchildren

\_\_\_\_\_ Conflicts over raising our own children

\_\_\_\_\_ Other: \_\_\_\_\_

6. The final question is about how you are doing personally. Over the last *two weeks*, how often have you been bothered by any of the following problems? Read each item carefully and mark your response.

**a. Little interest or pleasure in doing things**

Not at all       Several days       More than half the days       Nearly every day

**b. Feeling down, depressed or hopeless**

Not at all       Several days       More than half the days       Nearly every day

**c. Trouble falling asleep, staying asleep, or sleeping too much**

Not at all       Several days       More than half the days       Nearly every day

**d. Feeling tired, or having little energy**

Not at all       Several days       More than half the days       Nearly every day

**e. Poor appetite or overeating**

Not at all       Several days       More than half the days       Nearly every day

**f. Feeling bad about yourself, feeling that you are a failure, or feeling that you have let yourself or your family down**

Not at all       Several days       More than half the days       Nearly every day

**g. Trouble concentrating on things such as reading a magazine or watching television**

Not at all       Several days       More than half the days       Nearly every day

**h. Moving or speaking so slowly that others could have noticed, or being so fidgety or restless that you have been moving around a lot more than usual**

**i. Thinking that you would be better off dead, or that you want to hurt yourself in some way**

Not at all       Several days       More than half the days       Nearly every day

7. If you checked off any problem(s) in Question 6, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not at all difficult       Somewhat difficult       Very difficult       Extremely difficult