



5. What was the very beginning of your relationship like?

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How long did this phase last?

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6. What was your first disillusionment?

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What happened and how did you resolve it?

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Did this lead to any changes in your relationship?

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7. When did you first become aware of significant differences between the two of you?

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How are the two of you similar?

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How are you different?

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8. What do you do when there is conflict between the two of you?

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What does your partner do?

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9. What do you do when you are angry?

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What does your partner do when angry?

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10. What strengths do you have that support resolving differences?

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What strengths does your partner have?

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11. Do you spend time alone?

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Do you enjoy your free time?

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Does planning how to spend it create anxiety for you?

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12. Do you have separate friendships with people who are not mutual friends?

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Does this create conflict in your relationship?

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13. Are you comfortable doing activities away from your partner?

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What do you like to do?

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How comfortable are you with your partner spending time away from you?

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14. On a scale of 1 to 10, how open are you in expressing your innermost wants, thoughts, desires, and feelings to your partner? (1 is totally closed, and 10 is totally open).

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17. Describe your sexual relationship.

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What do you find most satisfying about it?

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What do you find least satisfying about it?

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How has your sexual relationship changed since you were first together?

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18. What is one thing that you wish was different about your sexual relationship?

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19. When do you feel most gratified in your relationship?

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# 3 Questions

(Please answer and bring to your next therapy session)

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

Date \_\_\_\_\_

1. What is one thing that your spouse or significant other does very well and you would love for them to keep doing it?

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2. What is one thing that your spouse or significant other is doing OK and you would like them to improve?

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3. What is one thing that your spouse or significant other is doing that is killing the relationship (and you) and you would like them to stop?

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