

Couples Therapy Questions

Name:

Date:

1. How would you describe the current state of your relationship?

2. What are the main challenges or issues you're currently facing as a couple?

3. How do you communicate with each other when you're feeling upset or frustrated?

4. Are there any unresolved conflicts or disagreements that continue to affect your relationship?

5. How do you handle differences in opinion or decision-making within your relationship?

6. What are your individual expectations for the future of your relationship?

7. How do you support and nurture each other's emotional well-being?

8. Are there any patterns of behavior or dynamics that you've noticed in your relationship?

9. How do you maintain a healthy balance between individuality and togetherness?

10. How do you handle intimacy and affection within your relationship?

11. Have there been any significant changes or stressors in your lives that have impacted your relationship recently?

12. How do you express appreciation and gratitude for each other?

13. Are there any trust issues or breaches of trust that need to be addressed?

14. How do you manage conflict or disagreements without escalating into arguments or resentment?

15. What are your long-term goals and aspirations for your relationship, and how aligned are they?