

Couples Therapy Workbook

Part I:

Instructions: Fill out each section with honest reflections. Consider your perspective and try to understand your partner's viewpoint. Once completed individually, come together to discuss your answers and find common ground or areas for growth.

What values do you believe are most crucial in your relationship? List three and discuss why they are important to both of you.

Value 1: _____

Value 2: _____

Value 3: _____

What are some of your favorite memories together? Write down three and explain what makes them special.

Memory 1: _____

Memory 2: _____

Memory 3: _____

Additional Questions:

How do each of your values support your relationship's growth, and can you provide examples?

Example 1: _____

Example 2: _____

Example 3: _____

Reflect on how your backgrounds differ and what you have learned from these differences.

Learning 1: _____

Learning 2: _____

Learning 3: _____

Describe a tradition you have developed together and its significance to your relationship.

Tradition 1: _____

Tradition 2: _____

Tradition 3: _____

Discuss an obstacle you've faced in your relationship and how you worked together to overcome it.

Obstacle: _____

Solution: _____

What have you discovered about each other that was unexpected but has positively influenced your relationship?

Discovery 1: _____

Discovery 2: _____

Discovery 3: _____

Part II:

Where do you see your relationship in 5 years? Describe three aspects of your future life together.

- **Aspect 1:** _____
- **Aspect 2:** _____
- **Aspect 3:** _____

What are three goals you can work on together in the coming year? These can be related to your relationship, personal development, or other life areas.

- **Goal 1:** _____
- **Goal 2:** _____
- **Goal 3:** _____

Part III :

On a scale of 1 to 10, rate the following statements regarding your communication and emotional connection:

We understand each other's feelings without having to say much.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

We express appreciation for each other regularly.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

We feel emotionally connected even when we are not physically together.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

On a scale of 1 to 10, rate the following statements regarding how you manage conflicts:

We resolve disagreements without hurting each other's feelings.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

We take responsibility for our part in a conflict.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

We can discuss issues calmly and constructively.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

On a scale of 1 to 10, rate the following statements regarding the support and partnership within your relationship:

We support each other's personal goals and dreams.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

We work together as a team in making decisions.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10

We show interest in each other's activities and hobbies.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10