

Couples Therapy Worksheet

Full name: _____ Date of birth: _____ Date: _____

What is the issue you would like to resolve?

How have you been helping resolve this issue?

How have you not been helping resolve this issue?

How has your partner been helping resolve this issue?

How has your partner been not helping resolve this issue?

Describe a short and long-term goal that you want to achieve in this relationship.