## **Couples Therapy Worksheet**

Full name:	Date of birth:	Date:
What is the issue you would like	e to resolve?	
How have you been helping res	olve this issue?	
How have you not been helping	resolve this issue?	
, 1 3		
How has your partner been help	ning receive this issue?	
Tiow has your partner been here	onig resolve tills 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.		