

Marriage Counseling Worksheet

Names:

Date:

Instructions: This worksheet is designed to help couples identify issues and communication patterns in their relationship. Both partners should complete the worksheet independently and then discuss their responses.

It's important to be honest and open when answering these questions to make the most of your counseling experience. Take your time to reflect on each question and respond thoughtfully.

#	Questions	Partner A	Partner B
1	List three strengths in your relationship.		
2	List three areas where you feel your relationship could improve.		
3	Describe a recent disagreement and how it was resolved.		
4	What are your top 3 priorities in your relationship?		
5	How do you show appreciation for your partner?		
6	How does your partner show appreciation for you?		
7	What are your preferred ways of receiving love and affection?		
8	What are your partner's preferred ways of receiving love and affection?		
9	What are your communication styles? (e.g., direct, indirect, passive, etc.)		
10	How do you handle stress and conflict in your relationship?		

#	Questions	Partner A	Partner B
11	What are your expectations regarding household responsibilities?		
12	What are your expectations regarding finances and financial decision-making?		
13	What are your expectations for spending time together and alone?		
14	How do you handle disagreements about family and friends?		
15	What are your expectations for intimacy and physical affection in your relationship?		

Additional Notes

After completing the worksheet individually, set aside time to discuss your answers. Remember to listen actively and empathetically to your partner's perspective. Use "I" statements to express your feelings and thoughts without blaming or accusing your partner. This conversation should be a starting point for identifying areas of growth and understanding in your relationship.

Bring this completed worksheet to your next marriage counseling session to discuss with your therapist.