

A. Story of how they met

1. How did you meet?
2. How long are you together?
3. What attracted you to each other?
4. What relationship was like?
5. How is it now?
6. What hurts in this relationship? (offer hope)
7. What brought you into therapy now?
8. How do you deal with conflict?
9. How do they disconnect?
10. What does that disconnection look like?
11. How long does it last?
12. How do they repair conflict?
13. Who initiates reconnecting?

B. Relationship History

1. Did you have a dependable parental figure? Who?
2. Who did you turn to for comfort and support as a child?
3. What did that look like?
4. How did you experience that?
5. Who do you turn to for comfort and confiding now?
6. What does that look like?

C. Attachment history of each partner

1. Previous significant adult relationships, prior relationships
2. Did they resolve arguments? How?
3. How did you get close again?
4. Why did you separate, how?
5. How do you deal with strong emotions?
6. What are typical responses to each other?

D. Parents' Marriage

1. Was their relationship close or distant?
2. How did they express affection?
3. How did your parents fight or disagree?
4. How did they resolve arguments?
5. How did you experience their fights?
6. Did either parent have a history of loss or abuse?
7. How was this dealt with?

E. Loss or Abuse History? How was this dealt with?

- | | |
|-------------------|--------------------|
| 1. Emotional | 5. Sexual abuse |
| 2. Losses | 6. Substance abuse |
| 3. Physical abuse | 7. Trauma |
| 4. Pornography | |

F. Assessing Cycle of Interactions

1. I often react by ---
2. My partner often reacts to me by---
3. When my partner reacts this way I often feel---
4. When I feel this way, I see myself as---
5. When I feel this way, I long for or need---
6. When I react the way I do, I guess that my partner feels---
7. Describe your negative cycle---

G. Sex Life

1. How is your sex life?
2. How often do you have sex?
3. Who initiates it?
4. Have you had any affairs?
5. Are you having one now?
6. Is there anyone else in your life now?
7. Do you suspect your partner is having an affair?

H. Anything Else I Should Know?