

Weekly Questionnaire

Name _____

Date _____

1. Please indicate the degree of happiness, all things considered, of your relationship.

Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect
0	1	2	3	4	5	6

2. Since the last session have there been:

Any incidents of violence or destructiveness? Yes No

Any major events or changes in your life (e.g., losing or getting a job)? Yes No

3. What was the most important, positive interaction that you had with your partner since the last session? Jot down a couple of notes (e.g., discussion about kids, romantic evening).

4. What was the most important, difficult interaction that you had with your partner since the last session? Jot down a couple of notes (e.g., trust incident, disagreement about money).

5. Any upcoming events that could be challenging? Jot down a couple of notes (e.g., visit by in-laws, business trip, weekend away).

6. In this session, it would be most helpful to discuss (rank each; 1 is most and 4 is least helpful):

___ Positive incident above

___ Negative incident above

___ Upcoming event above

___ Issue of _____

7. How did your homework go (if any)?