**Personal History**

Please tell me a little bit about the family you grew up in:

Are your parents still married? If so, please tell me a bit about their relationship. If not, tell me a little bit about their separation/divorce. Did either parent remarry? Did you get along with your stepparents and/or stepsiblings? Please tell me a bit about your parent(s) relationship with your stepparent(s)

Were there any significant losses in your childhood?

Please tell me a little bit about your educational and work history:

Do you have any health conditions that impact your family life/your relationship?

If you have had any previous experience in therapy tell me a bit about it, including whether or not it was helpful and what you sought therapy for:

Who do you most rely on for support?

How do you nurture and take care of yourself?

How would you describe your personality? What are you personal strengths and weaknesses?

Do you have a spiritual or religious affiliation that is important to you?

**Relationship History**

How did you meet your current partner? What attracted you to him/her at first?

Please tell me a bit about your dating experience. What were the best parts? When did you decide to get engaged and/or move in together? How were these decisions made?

Please tell me about any important relationships you had prior to meeting your current partner. What attracted you to this/these person(s)? What were the best parts of the relationship(s)? What were the worst part(s)? How and why did the relationship end?

If you have children please list their names and ages and whether these children are from this relationship or an earlier one. Are there concerns in the relationship related to the children or any special issues with children that may impact the relationship?

How do the two of you make decisions together?

When did you first experience unhappiness or difficulties in this relationship? How did you handle them at that time?

Are there issues or arguments that seem to come up repeatedly? If so, please describe them for me.

If I were a fly on the wall during an argument or fight between you what would I see, hear and feel as I watched?

Tell me about your positive experiences in this relationship:

When you have had difficulties in the past what has helped the most?

Have you ever been physically violent with one another? If so, what happened? How often has this happened?

Have there been any major betrayals of trust in this relationship (affair(s), financial deceit, violence, lies)?

What are the biggest strengths and weaknesses in this relationship?

Do you have any rituals or traditions as a couple that are really meaningful to you?

Please tell me a little bit about your sex life. Feel free to include anything you think that I should know.

Do you have any concerns about addictive behaviors in this relationship (alcohol, recreational or prescription drugs, smoking, gambling, sexual behaviors, etc)?

Help me to understand how you would like to see this relationship change. What is your most important goal for this relationship?

Feel free to write about anything that I have not asked that might help me to understand you and/or this relationship better.