



JENNIFER BALLERINI, PSY.D

Helping People Build Better Relationships

RELATIONSHIP ASSESSMENT

1. How did you meet your partner? How long have you been together? What drew you to him/her?
2. What are the strengths of your relationship? What would you like to improve about your relationship?
3. Think of a recent fight with your partner. How do you tend to react to conflict? How does your partner tend to react? For example, does one of you tend to withdraw and shut down when upset or tend to get critical or blaming? How long do your fights last? How do you repair afterward? Who initiates repair?
4. How is your sex life with your partner? How often do you have sex together? How often do you touch and cuddle? Have either of you had any affairs? Are you currently having an affair?



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5. Did you have a dependable person you could turn to for comfort and support when you were growing up? If so, who? How did you let them know you were hurting? How would they respond to comfort you? Could you always count on them, or did this person ever betray you or fail to be there for you at an important time? If no one was safe, how did you comfort yourself?

6. Was your parents' relationship close or distant? How did they show affection? How did they fight or disagree? What was it like for you when they had conflict?

7. Do you have a history of emotional, physical, sexual abuse or other trauma? Significant losses? Is there violence or physical aggression between you and your partner?

8. Do you currently have or have a history of substance abuse or other addictions (e.g., pornography)?

9. Please rate how committed you are to working on the relationship from 0% to 100%.