

Marital Questionnaire

NAME _____

DATE _____

ADDRESS _____

Please answer each question to the best of your ability. The information will be used to help and not to hurt:

1. How long have you been married? _____
2. Do you have children? Yes No If so, please list names and ages:

3. How did you and your spouse meet?

4. What attracted you to each other?

5. List five things you like about your mate.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
6. List five things your mate does that irritate you.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
7. Currently, what is the most serious threat to your marriage?

8. What have you previously tried to do to help solve this problem?

9. When did you first notice problems of a serious nature?

10. Do you wish to please your spouse?
 Yes No Part of the time

11. List five things you could do to please your spouse.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

12. List five things your spouse could do to please you.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

13. How do you typically try to solve marital problems?

14. What fantasies did you have of marriage before you got married?

15. List the highlights of a recent fuss you have had with your mate.

16. What could you have done differently to help solve it?

17. What were you saying to yourself during the fuss? (I'll.... I'll show her.... He'll be sorry now.... I don't have to take that.... I'm no good; I'll make him feel sorry for me....)

18. Write down a solution for this problem that you are willing to live with.

19. What could you do to help your mate change behaviors that are offensive to you?

20. Please complete the following MARITAL PROBLEM CHECKLIST by circling the appropriate number:

PROBLEM	SERIOUSNESS OF PROBLEM				
	Not at all		Somewhat Serious		Extremely Serious
a. Communication	1	2	3	4	5
b. Sex	1	2	3	4	5
c. Religion	1	2	3	4	5
d. Money	1	2	3	4	5
e. In-laws	1	2	3	4	5
f. Friends	1	2	3	4	5
g. Alcohol and/or Drugs	1	2	3	4	5
h. Children	1	2	3	4	5
i. Roles	1	2	3	4	5
j. Romance	1	2	3	4	5
k. Recreation	1	2	3	4	5
l. Other (specify)	1	2	3	4	5

21. Which problem do you wish to work on first? _____

a. What is the problem as you see it?

b. List every possible solution you can think of:

c. State solutions to the problem that you are willing to live with.

22. If my mate were an animal, he/she would most likely be a _____

