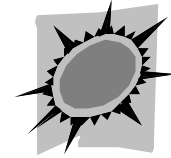


CoupleWork



Nic Beets & Verity Thom Relationship Psychology & Sex Therapy

8 Crossfield Rd • Glendowie • Auck 1071 • Email info@couplework.co.nz • Fax (09) 575-5833 • Tel (09) 575-5798 •

ISSUES CHECKLIST for (your name)

Here are some of the typical issues that couples can have – please indicate with an ‘X’ where you feel they apply to your relationship. Feel free to alter the wording to make it fit your situation better.

		‘X’ if Yes
1.	We are becoming emotionally distant	
2.	We don’t have much fun together	
3.	We can’t sort out our differences and disagreements	
4.	We disagree on important things (e.g. basic values, goals & lifestyle)	
5.	We have hurtful and unproductive fights	
6.	One or both of us avoids talking about difficult areas	
7.	One or both of us feels scared or intimidated	
8.	One or both of us doesn’t feel listened to or like our judgement is valued	
9.	Our relationship is (or is becoming) unromantic &/or passionless	
10.	There are problems in our sex life	
11.	Other stresses (e.g. work, health...) are affecting our relationship	
12.	An important event (e.g. birth of a child, changes in job or home, illness...) has occurred recently	
13.	Very hard events (e.g. violence, alcohol or drug abuse, an affair, death of a child...) have occurred within the relationship	
14.	We have a lot of conflict concerning children and parenting	
15.	Major issues or events have arisen about in-laws, relatives, ex-partners etc	
16.	There are concerns about sexual fidelity or emotional involvement with others outside our relationship	
17.	There is, or has been, an affair	
18.	There are problems concerning money	

Below rate your **OVERALL** happiness with your relationship on a scale of 0 – 5 where 0 is extremely unhappy, 3 is average happiness and 5 is perfect:

0 1 2 3 4 5