



## ***RELATIONSHIP INVENTORY***

Name of partner: \_\_\_\_\_ Duration of relationship: \_\_\_\_\_

Were there periods of separation? \_\_\_\_\_ If so, for how long? \_\_\_\_\_

How did the two of you meet? What attracted you to him/her?

Details of your relationship before you got married (or committed to each other/ became “serious”)  
(quality of time together, nature of disagreements, family involvement, significant events)

Details of relationship since marriage (or since you committed to each other/ became “serious”)  
(decision to get married/explicit commitment, major positive/negative events, planning or arrival of children, problems with extended family, sacrifices made)

Please select a few of the most important things you value in the relationship or in your partner:

In general, how **satisfied** are you in your couple relationship?

Not at all satisfied										The most satisfied I could possibly be
1	2	3	4	5	6	7	8	9	10	

What changes, if tried, could improve this level of satisfaction:

Changes you could make:

Changes your partner could make:

Below are some common areas of potential disagreement between people in a relationship. Please use the following scale to determine the number that best corresponds to the level of disagreement the issue causes in your current relationship.

No disagreement at all								Extreme levels of disagreement	
1	2	3	4	5	6	7	8	9	10
1. Division of family chores or household responsibilities.									_____
2. Financial matters, how much to save, how much to spend, etc.									_____
3. Whether to have kids, fertility issues, parenting, discipline, etc.									_____
4. Socializing, frequency, type of friends etc.									_____
5. Sexuality, frequency, importance, type of activity etc.									_____
6. Leisure activities, nature of, frequency etc.									_____
7. Other: _____									_____

Describe how you deal with relationship conflict. What helps you feel better?

Describe how your partner deals with relationship conflict. What helps him/her feel better?

Tell us about any previous marriages or long-term relationships: