

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Couple Screening Form

**Directions:** ✓ *Check the items that apply*

**MOODS:** (ex. irritability, depression etc.)

\_\_\_ My moods are a problem to the relationship. how?:

\_\_\_ My partner's moods are a problem to the relationship. how?:

**ALCOHOL and SUBSTANCE USE**

\_\_\_ My use of alcohol is excessive

\_\_\_ My use of prescription or illegal drugs is a problem

\_\_\_ My partner's uses alcohol excessively

\_\_\_ My partner's use of prescription or illegal drugs is a problem

**AGGRESSION**

\_\_\_ My temper adversely affects our relationship

\_\_\_ I have been verbally abusive to my partner

\_\_\_ I have been physically abusive to my partner

\_\_\_ My partner's temper adversely affects our relationship

\_\_\_ My partner has been verbally abusive to me

\_\_\_ My partner has been physically abusive to me

\_\_\_ Our fights and arguments are very destructive to our relationship.

**AFFAIRS**

\_\_\_ I have had an affair during our relationship (or an inappropriate outside relationship).

\_\_\_ I am currently having an affair (or an inappropriate outside relationship).

\_\_\_ My partner has had an affair during our relationship (or an inappropriate outside relationship).

\_\_\_ My partner is currently having an affair (or an inappropriate outside relationship).

**SATISFACTION AND COMMITMENT**

\_\_\_ % I am committed to staying in our relationship.

\_\_\_ % Overall how satisfied are you now with your relationship?

**Directions:**

In percentage terms, how strongly do you agree with the statements below.

*Use this scale to answer the questions below.*

0	25%	50%	75%	100%
Not at all	Slightly	Moderately	Very	Extremely

- \_\_\_\_\_ % I feel disorganized by all this negative emotion.
- \_\_\_\_\_ % I can't think straight when my partner gets so negative.
- \_\_\_\_\_ % Talking things over with my partner only seems to make them worse.
- \_\_\_\_\_ % I have little confidence that we can discuss a significant problem without fighting.
- \_\_\_\_\_ % I am basically unhappy with my relationship.
- \_\_\_\_\_ % I have often felt like leaving my partner.
- \_\_\_\_\_ % I often don't feel close to my partner.
- \_\_\_\_\_ % I'm not satisfied with our sex life.
- \_\_\_\_\_ % I feel lonely in our relationship.
- \_\_\_\_\_ % I feel we are disconnected.
- \_\_\_\_\_ % My partner and I live pretty separate lives.
- \_\_\_\_\_ % I confide in a special person outside of our relationship. Who?
- \_\_\_\_\_ % There are specific events in our relationship which I am having trouble getting over.  
What?
- \_\_\_\_\_ % In spite of all our problems, I believe that my partner really cares about me.