

Couple Counseling Relationship History Assessment

It can be helpful for the counselor and a powerful and rewarding exercise for the couple to review how they met (Williams, 2012).

Use the following form to review and assess how you met and what drew you to each other.

Ask each client in the relationship to answer the following (they may have very different interpretations of what happened):

How did you meet?

What first attracted you to your partner?

What continued to attract you to your partner?

What do you think first attracted them to you?

What do you think continued to attract them to you?

Describe your early years together?

How were things better then?

How are things better now?

What do you currently do to show your partner you care?

What does your partner currently do to show you they care?

What were the little things that your partner used to do that made you feel loved?

By reviewing the answers, it is possible to develop a plan and a commitment for daily caring behaviors.

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