

Relationship Enhancement

Relationship Questionnaire

This questionnaire will encourage you to think about your relationship. Think about how you get along with each other and what improvements you would like to see. I want you to respond to each item as openly and honestly as possible; therefore, I ask that you do not show this to anyone, including your partner.

1. **Positive Issues or Partner Appreciations.** List three important things about your relationship or partner that pleases you or that you admire, despite any problems you may have in your relationship. Do not choose things you wish would change significantly today. If it helps, think back to what first attracted you to your partner.

- a.
- b.
- c.

2. **Enhancement Issues.** List three ideas that would enrich your relationship. These ideas would make your relationship better or more enjoyable. They should add positives rather than eliminated negatives. They should be ideas that you believe your partner is open to.

The ideas should not be specific yet. For example, do not suggest, "I'd like to go for long walks together regularly." Give general ideas. For example, "I'd like for us to spend quality time together regularly."

Avoid one-shot or temporary suggestions. For example, do not suggest, "I'd like for the two of us to get away for a weekend or two before our child is born." Suggestions should be enduring. For example, "I'd like for us to get away alone together at least one night a week."

- a.
- b.
- c.

3. **Minor Conflicts/Problems.** List three things you would like to change to improve your relationship. These may be troublesome issues to work thought but not the “heaviness” or most difficult problems or conflicts.

a.

b.

c.

4. **Major Problems.** List three of your major relationship conflicts or problems.

a.

b.

c.

5. **Life Goals.** List three of your dreams for the future and individual and shared life goals.

a.

b.

c.

Source: Guerney & Scuka (2005), Relationship Enhancement Client Manual.