



## RELATIONSHIPS/PARENTING HISTORY QUESTIONNAIRE

Name \_\_\_\_\_

Case # \_\_\_\_\_

Date \_\_\_\_\_

### RELATIONSHIP WITH PARENTS

How would you describe your mother? \_\_\_\_\_

\_\_\_\_\_

What was your relationship with her like? \_\_\_\_\_

\_\_\_\_\_

How would you describe your father? \_\_\_\_\_

\_\_\_\_\_

What was your relationship with him like? \_\_\_\_\_

\_\_\_\_\_

What were you like as a child? \_\_\_\_\_

\_\_\_\_\_

What were you like as a teenager? \_\_\_\_\_

\_\_\_\_\_

What was your relationship with your sibling(s) like? \_\_\_\_\_

\_\_\_\_\_

Were you abused as a child? \_\_\_\_\_

\_\_\_\_\_

### CURRENT RELATIONSHIP

What is your current relationship status? \_\_\_\_\_

How did you and your spouse meet? \_\_\_\_\_

What are the strongest areas of your current relationship? \_\_\_\_\_

\_\_\_\_\_

In what areas do you and your spouse have problems? \_\_\_\_\_

\_\_\_\_\_

What would you like to see changed in your current relationship? \_\_\_\_\_

\_\_\_\_\_



## RELATIONSHIP HISTORY

Describe your first love \_\_\_\_\_

\_\_\_\_\_

Describe your first sexual experience \_\_\_\_\_

\_\_\_\_\_

How many serious relationships would you say you've had? \_\_\_\_\_

Why do your relationships usually end? \_\_\_\_\_

\_\_\_\_\_

## DIVORCE/SEPARATION

Describe your ex-spouse \_\_\_\_\_

\_\_\_\_\_

How did you and your ex-spouse meet? \_\_\_\_\_

How long did you date before getting married? Living together? Having children? \_\_\_\_\_

\_\_\_\_\_

What was the relationship like in the beginning? \_\_\_\_\_

\_\_\_\_\_

What was your sex life like in the beginning? The middle? The end? \_\_\_\_\_

\_\_\_\_\_

What changed in the relationship? Why? \_\_\_\_\_

\_\_\_\_\_

When did you first notice problems in the relationship? \_\_\_\_\_

\_\_\_\_\_

How did the two of you handle the struggles? \_\_\_\_\_

\_\_\_\_\_

Who initiated the separation/divorce? \_\_\_\_\_

\_\_\_\_\_

Was there any physical abuse? By whom? What was the outcome? \_\_\_\_\_

\_\_\_\_\_

Was there any emotional abuse? By whom? What was the outcome? \_\_\_\_\_

\_\_\_\_\_

Was there an affair? If so, please explain. \_\_\_\_\_

\_\_\_\_\_



**PARENTING TOGETHER** *(complete this section if you and child's other parent are together)*

How do you parent together? \_\_\_\_\_

\_\_\_\_\_

What is different about your parenting styles? \_\_\_\_\_

\_\_\_\_\_

How do you discipline the child/ren? \_\_\_\_\_

\_\_\_\_\_

How does your spouse discipline the child/ren? \_\_\_\_\_

\_\_\_\_\_

What do your child/ren need? \_\_\_\_\_

\_\_\_\_\_

Does parental arguing affect the child/ren? \_\_\_\_\_

\_\_\_\_\_

What would you like to change about yourself as a parent? \_\_\_\_\_

\_\_\_\_\_

How do you and your spouse make decisions about the children together? \_\_\_\_\_

\_\_\_\_\_

**PARENTING APART** *(complete this section if you and child's other parent are apart)*

How did you parent together? \_\_\_\_\_

\_\_\_\_\_

What was different about your parenting styles? \_\_\_\_\_

\_\_\_\_\_

Did you have any concerns about your ex-spouse's parenting skills while you were together? \_\_\_\_\_

\_\_\_\_\_

Do you have any concerns about your ex-spouse's parenting now? \_\_\_\_\_

\_\_\_\_\_

How do you discipline the child/ren? \_\_\_\_\_

\_\_\_\_\_

How does your ex-spouse discipline the child/ren? \_\_\_\_\_

\_\_\_\_\_

What do your child/ren need? \_\_\_\_\_

\_\_\_\_\_



Does arguing with your ex-spouse affect the child/ren? \_\_\_\_\_

\_\_\_\_\_

What would you like to change about yourself as a parent? \_\_\_\_\_

\_\_\_\_\_

How do you and your ex-spouse make descions about the child/ren together? \_\_\_\_\_

\_\_\_\_\_

How are the rules in each of your households different or the same? \_\_\_\_\_

\_\_\_\_\_

Do you have any additional thoughts or comments you would like us to know? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## MARITAL SATISFACTION

Please rate your overall level of satisfaction with the following items on a scale of 1 to 10, where 1=**very unsatisfied** and 10=**very satisfied**.

### Committment

Comments \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10 \_\_\_\_\_

### Intimacy & Sex

\_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10  
Comments \_\_\_\_\_

### Emotional Intimacy & Love

\_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10  
Comments \_\_\_\_\_

### Relationship Equality

\_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10  
Comments \_\_\_\_\_

### Trust

\_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10  
Comments \_\_\_\_\_

### Overall Marital Adjustment

\_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10  
Comments \_\_\_\_\_