

Stages of Relationship Change Questionnaire

Name _____ Date _____ Session # _____

For each question (right), write the letter that describes how ready you are to change.

a) I do not intend to make any changes...

b) I am thinking about making changes, but have not made any specific decisions yet...

c) I am getting ready to make some specific changes...

d) I am actively making specific changes...

e) I have recently made changes and I am working to prevent problems from returning...

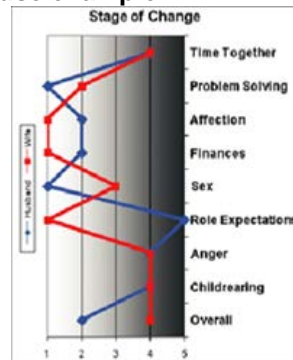
- ___ 1. ...about how we spend our leisure time together.
- ___ 2. ...about how we communicate while solving problems.
- ___ 3. ...about how we communicate our affection.
- ___ 4. ...about how we handle our finances.
- ___ 5. ...about sex with my partner.
- ___ 6. ...about our roles and the expectations we have for each other.
- ___ 7. ...about managing my anger and avoiding physical aggression.
- ___ 8. ...about how we raise our children.
*(*skip if this does not apply)*
- ___ 9. ...about my overall satisfaction with our marriage.

For office use:

Stage of Change

						Time Together
						Problem Solving
						Affection
						Finances
						Sex
						Role Expectations
						Anger
						Childrearing
						Overall

Office use example:



Bradford, K. (2012). Assessing readiness for couple therapy: the Stages of Relationship Change Questionnaire. *Journal of Marital and Family Therapy*, 38, 486-501.

