

***“Balance”*** *Counseling & Mediation*

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**Marital Questionnaire:**

Have you and your spouse/partner participated in professional marriage counseling in the past? **Yes** **[ ]  No** **[ ]**

What forms of couples help have you received or tried (i.e. seminars, books, classes etc…) ?

Is your spouse willing to participate? **Yes [ ]  No [ ]**

What are you core beliefs? (i.e. religious, spiritual, marriage concepts)

Do you and your spouse/partner share those beliefs? **Yes [ ]  No [ ]**

 If not, what are the differences?

Do the differences cause problems between you? **Yes [ ]  No [ ]**

Are you cheating on your spouse? **Yes [ ]  No [ ]**

Do you believe your spouse cheating on you? **Yes [ ]  No [ ]**

What would like to see happen in this relationship?**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Short Questionnaire 1= Never or Almost never; 2 = Once in a while; 3 = Always or Almost always**

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|       | I am not sure if I want to save my marriage. |
|       | Little arguments escalate into big fights with accusations, criticism, name-calling, or bringing up past hurts. |
|       | My partner criticizes or belittles my opinions, feelings, or desires. |
|       | My partner seems to view my words or actions more negatively than I mean them to be. |
|       | When we have a problem to solve, it’s like we are on opposite teams. |
|       | I hold back from telling my partner what I really think and feel. |
|       | I feel lonely in this relationship. |
|       | When we argue, one of us withdraws, that is, doesn’t want to talk about it anymore or leaves the room. |
|       | I have been unfaithful to my partner. |
|       | My partner has been unfaithful to me.  |
|       | I believe my partner is not committed to the marriage. |
|       | **Score** |