

## **Relationship Questionnaire**

**Purpose:** The purpose of the relationship questionnaire is to provoke thought, raise awareness, identify areas requiring improvement and create an opportunity for open discussion within a relationship.

### **Process:**

1. Select the relationships category that you feel your client/s would benefit from examining:

Expectations and Identity

Communication and Conflict

Self Awareness

Teamwork

Note: To avoid overwhelming your client, work with one category at a time, rather than introducing several at once.

2. Have the client fill in the selected questionnaire at home. You will note that a space of two lines is provided under each question. This is to allow the client to add further information to their answer if they so choose.



Ask the client to bring the completed questionnaire to the next session.

Note: When both partners are participating in this activity, ask them to complete their questionnaires separately so they are not influenced by the other's answers.

3. Using the counsellor notes as a guide, discuss the answers with your client/s, focusing on the questions where improvement is required such as the ones that were answered in the extreme negative.

Example:

### **Do you give your partner space?**

The extreme negative response would be **N** (Never).

If your client has no extreme negative responses for any of the questions, then work with the 2<sup>nd</sup> negative response.

For example, with the above question, the first (most extreme) negative response is **N**. The 2<sup>nd</sup> would be **S** (Sometimes).