Marriage Counseling Worksheet

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Names

Date

This worksheet is designed to help couples identify issues and communication patterns in their relationship. Both partners should complete the worksheet and then discuss their responses. To make the most of your experience, it's important to be honest and open when answering these questions. Take your time to reflect on each question and respond thoughtfully.

List three strengths in your relationship - Partner A

List three strengths in your relationship - Partner B

List three areas where you feel your relationship could improve - Partner A

List three areas where you feel your relationship could improve - Partner B

Describe a recent disagreement and how it was resolved - Partner A

Describe a recent disagreement and how it was resolved - Partner B

What are your top 3 priorities in your relationship? - Partner A

What are your top 3 priorities in your relationship? - Partner B

How do you show appreciation for your partner? - Partner A

How do you show appreciation for your partner? - Partner B

How does your partner show appreciation for you? - Partner A

How does your partner show appreciation for you? - Partner B

What are your preferred ways of receiving love and affection? - Partner A

What are your preferred ways of receiving love and affection? - Partner B

What are your partner's preferred ways of receiving love and affection? - Partner A

What are your partner's preferred ways of receiving love and affection? - Partner B

What are your communication styles? (e.g., direct, indirect, passive, etc.) - Partner A

What are your communication styles? (e.g., direct, indirect, passive, etc.) - Partner B

How do you handle stress and conflict in your relationship? - Partner A

How do you handle stress and conflict in your relationship? - Partner B

What are your expectations regarding household responsibilities? - Partner A

What are your expectations regarding household responsibilities? - Partner B

What are your expectations regarding finances and financial decision-making? - Partner A

What are your expectations regarding finances and financial decision-making? - Partner B

What are your expectations for spending time together and alone? - Partner A

What are your expectations for spending time together and alone? - Partner B

How do you handle disagreements about family and friends? - Partner A

How do you handle disagreements about family and friends? - Partner B

What are your expectations for intimacy and physical affection in your relationship? - Partner A

What are your expectations for intimacy and physical affection in your relationship? - Partner B

Additional notes

After completing the worksheet, set aside time to discuss your answers. Remember to listen actively and empathetically to your partner's perspective. Express your feelings and thoughts without blaming or accusing your partner. This conversation should be a starting point for identifying areas of growth and understanding in your relationship.