

Robert J Picariello, MS, LMFT, CADC II
Licensed Marriage & Family Therapist #T0569
Certified Alcohol & Drug Counselor II #12R-01
1962 NW Kearney Street, Rm. 205
picRobertLmft@gmail.com
971.238.7777

Questions for Couples: To Ponder or Disregard

The questions are for your consumption.

Their intent is to contribute to awareness and understanding of your own and your partner's/spouse's concerns.

The questions you select are entirely up to you. My suggestion is to glance at them to see if any grab your attention. Answer what piques your curiosity.

An answer may be detailed, simply a word, or merely a musing.

1) What brings you to counseling at this particular time in your life? (Or what is happening now that is different from before?)

2) What results are you hoping to bring about with your efforts in counseling?

3) What is your guess as to how your partner/spouse is responding to question #1?

4) Have there been any major medical events (for example, head injury or surgeries) or diagnoses for you or a loved one? Yes No Unsure

5) Have you experienced any losses or significant changes, positive or negative, (for example, employment, housing, socially, births) in the past year?

Yes No Unsure

6) Are you anticipating any significant change in the coming months?
 Yes No Unsure

7) What best describes your living arrangement:
 With family Significant other Boarder Housemates Alone With relatives Other

8) Does your living arrangement work for you? Yes No Unsure

9) How would you characterize your social & emotional support network (check all that apply): none I feel alone I am alone I can count on one or two people I can count on different people for different needs I don't ask for help or support I feel connected to a community My partner/spouse is my sole source of support.

10) Was there a history of anxiety or depression in the people around you when growing up? Yes No Unsure

11) Check all the items that you most associate with your growing up: Abundance Adventure Anger Anxiety Chaos Colorful Conflict Confusion Creativity Criticism Depression Drabness Faith Fear Guilt Hope Laughter Love Praise Scarcity Shame Violence

12) Have you experienced or witnessed violence while *in* the military? Yes No Unsure

13) Have you experienced or witnessed violence in your employment or as a civilian? Yes No Unsure

14) Do you see yourself as having a problem with alcohol or drugs? Yes No Unsure

15) Do others see you as having a problem with alcohol or drugs? Yes No Unsure

16) Do you see your partner/spouse as having a problem with alcohol or drugs?
 Yes No Unsure

17) Have you had thoughts of harming yourself in the past year?
 Yes No Unsure

18) Have you ever thought seriously about suicide? Yes No Unsure

19) If you answered yes to either #17 or #18, is your partner/spouse aware of your thoughts or actions?
 Yes No Unsure

20) It is hard for my partner/spouse to get **my** attention:
 never true rarely true sometimes true usually true always true

21) If I had to guess, my partner/spouse agrees does not agree with my answer.

22) I listen when my partner/spouse shares her/his deepest feelings:
 never true rarely true sometimes true usually true always true

23) If I had to guess, my partner/spouse agrees does not agree with my answer.

24) I struggle to feel close and engaged in our relationship:
 never true rarely true sometimes true usually true always true

25) If I had to guess, my partner/spouse agrees does not agree with my answer.

26) It is hard for me to get my partner's/spouse's attention:

never true rarely true sometimes true usually true always true

27) If I had to guess, my partner /spouse agrees does not agree with my above answer.

28) My partner/spouse listens when I share my deepest feelings:

never true rarely true sometimes true usually true always true

29) If I had to guess, my partner/spouse agrees does not agree with my above answer.

30) My partner/spouse struggles to feel close and engaged in our relationship:

never true rarely true sometimes true usually true always true

31) If I had to guess, my partner/spouse agrees does not agree with my above answer.

32) How do you know when your partner/spouse is angry or upset?

33) How do you know when your partner/spouse is feeling blue or sad?

34) How do you know when your partner/spouse is worried or feeling anxious?

35) Would your partner/spouse know that you disagreed with her/him?
 Yes No Unsure

36) How would your partner/spouse know that you disagreed with her/him?

37) How could you tell if your partner/spouse felt offended by what was said/not-said or done/not-done?
