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*Psychotherapy • Organizational Consulting*  
*GLBT Mental Health • PTSD • Mental Health Boot Camp*

Client ID Code: \_\_\_\_\_

Total Score: \_\_\_\_\_

Date Taken: \_\_\_\_\_

Couples Questions

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

1. I am not afraid to reveal personal things about myself to my partner. \_\_\_\_\_
2. I am not afraid to share my opinion about something, even if I know my partner feels differently. \_\_\_\_\_
3. I am satisfied with the way we manage our home, our lives together, and our finances. \_\_\_\_\_
4. I am satisfied with the amount of affection that I receive. \_\_\_\_\_
5. I enjoy the time my partner and I spend together. \_\_\_\_\_
6. We do not have any unresolved arguments or ongoing problems that never seem to get addressed. \_\_\_\_\_
7. I can share both positive and negative things with my partner. \_\_\_\_\_
8. I understand there are rules of problem resolution for couples and I use those rules everyday effectively. \_\_\_\_\_
9. I feel that I can support my partner, regardless of whether I agree with him/her or not. \_\_\_\_\_
10. I feel that my partner "gets me" and is my biggest cheerleader. \_\_\_\_\_
11. I try to get my partner by being his/her biggest cheerleader. \_\_\_\_\_
12. I have resolved all my resentments regarding my partner and this relationship. \_\_\_\_\_

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

13. I understand what baggage I have brought into the relationship and work to not let it complicate issues in the relationship further. \_\_\_\_\_
14. I focus on what I can do to fix problems in the relationship, rather than what my partner does/does not do. \_\_\_\_\_
15. Every day I am learning new, more positive ways to communicate with my partner. \_\_\_\_\_
16. I have developed ways to put more structure/organization into my life and I do those things every day so that I will feel more in control of my life. \_\_\_\_\_
17. My moods are not a mystery. I know how they are triggered and I know how to manage them to prevent serious relapse. \_\_\_\_\_
18. I fully understand the concepts of Eat Right/Sleep Right/Think Right/Exercise and have a plan for applying each principle into every day of my life. \_\_\_\_\_

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