

Couple Therapy Worksheets

Date:

Client's Name:

What is the issue you would like to resolve?

How have you been helping resolve this issue?

How have you not been helping resolve this issue?

How has your partner been helping resolve this issue?

How has your partner been not helping resolve this issue?

Describe a short and long-term goal that you want to achieve in your relationship.

--

List down the values you find important to you:

--

List down the day-to-day tasks you are responsible for:

--

List down the things your partner does that you appreciate/are grateful for:

--

List down the things you can do to make your partner feel loved or cared for:

--

List down activities you think you and your partner can enjoy:

--

List down things you can do to take better care of yourself:

--