**Couples Counselling- Individual Assessment**

Created by Beth Horton, MA RCC during her MFF internship

Relationship Satisfaction

* All things considered, overall how do you rate the level of your relationship satisfaction?

(Extremely Unhappy; Very Unhappy; Unhappy; Neutral; Happy; Very Happy; Extremely Happy)

Commitment & Change

* Overall, from 1 to 10 (with 10 being the most), how committed are you to remain in this relationship?
* Overall, from 1 to 10 (with 10 being the most), how committed are you to make changes yourself to make your relationship better?

Arguments

* How do you and your partner work out arguments? (tactics used to resolve conflict)
* What do arguments between you look like?
* When your partner is angry, how do they act?

Physical Aggression

* In the past year, when you had a disagreement or argument with your partner, have A) **your partner** engaged, and B) **you** engaged, in any acts of physical aggression against the other such as pushing, slapping, shoving, hitting, beating, or some other acts of aggression?
	+ Nature of violence/severity
	+ Injuries sustained
	+ Sequence of events (what was occurring before the violent episode, what happened afterward, how it stopped, who else got involved)
* How has physical aggression impacted you and your relationship?

Intimidation

* All things considered, overall how do you rate your ability to express your opinion without fear of reprisal/retaliation from your partner? (Extremely Unable; Very Unable; Unable; Neutral; Able; Very Able; Extremely Able)
* Does your partner get over-protective or jealous?
* Have you ever felt unsafe or been afraid of anyone, including your partner?
* Has anyone threatened to hurt you, your child, or someone close to you (in the past or present)?

Control

* Are there any ways in which you feel controlled in your relationship?
* Have you ever been forced to have sex when you did not want to?
* Have you ever been followed or monitored in any way?

Risk

* **Are there weapons in your home?**
* **Is there drug or alcohol use in your home? How much and by whom?**
* **Do you feel your children are in danger?**
* **Is it safe for you to go home?**

Family

* What did arguments/anger look like in your family growing up?
* Does your partner get along with your family and friends?

The above series of questions were pulled from a collection of articles, for further information see:

- Edwards, K. M., Merrill, J. C., Desai, A. D., & McNamara, J. R. (2008). Ethical dilemmas in the treatment of battered women in individual psychotherapy: Analysis of the beneficence versus autonomy polemic. Journal of Psychological Trauma, 7(1), 1-20.

- Salis, K. L., & O'Leary, K. D. (2016). Treatment of partner aggression in intimate relationships. In K. T. Sullivan, E. Lawrence, K. T. Sullivan, & E. Lawrence (Eds.), The Oxford handbook of relationship science and couple interventions (pp. 96-112). New York: Oxford University Press.

- Timmons, S., Bryant, J., Platt, R. A., & Netko, D. (2010). Ethical and clinical issues with intimate partner violence. In L. Hecker (Ed.), Ethics and professional issues in couple and family therapy (pp. 107-129). New York, NY, US: Routledge/Taylor & Francis Group.