

**Daniela Roher, Ph.D., LPC
7301 E. Sundance Trail, Suite B203
Carefree, AZ 85377
Tel. (480) 595-6500**

RELATIONSHIP HISTORY

PATIENT NAME: _____

DATE: _____

PREVIOUS SERIOUS ROMANTIC RELATIONSHIPS:

Previous to the current one, were there any other serious romantic relationships?

Could you give me a brief history of them, pointing out the positives and the negatives of each; what caused the break up; what was it like for you and how long were you alone before the next relationship?

Do you see any pattern across your relationships?

If so, which pattern?

CURRENT ROMANTIC RELATIONSHIP:

How long have you been together with your current partner?

What was your first impression of your partner?

Can you describe how it is like to be with your partner now?

What do you like in your relationship with your partner?

What don't you like?

What do you think your partner likes most about you?

What does he/she like least?

How much time do you spend together?

Is it enough for you?

Why?

How comfortable are you discussing personal matters with your partner?

Are there topics you avoid discussing? And Why?

How does your partner respond when you ask for help or support?

How does your partner respond when you are upset or angry?

How well do you think your partner understands you?

Have you ever felt rejected by your partner?

Have you ever doubted that your partner loves and cares about you?

How do the two of you go about making decisions?

In your opinion, do you think it is a two-way street?

How often do you have disagreements or arguments?

What are they typically about?

Do they get resolved?

If so, how?

If not, how long do you stay angry/hurt/disconnected?

How long does your partner?

Who initiates the arguments, and who initiates the repair?

Do you ever wonder if your partner disagrees from you but does not tell you?

How do you feel about the sexual side of your relationship?

How do you think your partner feels about it?

Is sex more important to you or your partner?

Have there been changes in your sexual life together since the beginning of the relationship?

And how do you feel about them?

How comfortable are you with talking about sex with your partner?

How affectionate are the two of you with each other?

Have you and your partner ever been apart for any length of time?

How do you feel when you are apart?

How do you think your partner feels about it?

Often couples feel that one partner is more invested or committed than the other. Is this the case in your relationship?

If so, of the two of you who do you think is more invested/committed?

Are you or your partner afraid of being too dependent on each other?

Is either of you too jealous or possessive?

Is either of you too detached, aloof?

Have you ever thought about separating?

If so, what are your thoughts about it?

Do either of you have plans for separation?

How difficult would it be for you to end the relationship?

What kind of changes would you like to see in your relationship to improve it?

Do you think your partner is as willing as you to work at correcting current problems?

Is there anything else about your relationship that we have not addressed and that you think I should know, in order to be of better help to you?

Please sign _____