Stages of Relationship Change Questionnaire

Name ____________________  Date _____________ Session # _______

For each question (right), write the letter that describes how ready you are to change.

a) I do not intend to make any changes…

b) I am thinking about making changes, but have not made any specific decisions yet…

c) I am getting ready to make some specific changes…

d) I am actively making specific changes…

e) I have recently made changes and I am working to prevent problems from returning…

___ 1. …about how we spend our leisure time together.
___ 2. …about how we communicate while solving problems.
___ 3. …about how we communicate our affection.
___ 4. …about how we handle our finances.
___ 5. …about sex with my partner.
___ 6. …about our roles and the expectations we have for each other.
___ 7. …about managing my anger and avoiding physical aggression.
___ 8. …about how we raise our children.
(*skip if this does not apply)
___ 9. …about my overall satisfaction with our marriage.

For office use:

For office use example:
