

# CPT Couple Self Evaluation

Name: \_\_\_\_\_ Date: \_\_\_\_\_

How would you describe your relationship as a couple right now? \_\_\_\_\_

What has changed in your relationship from what it was in the past? \_\_\_\_\_

What are your strengths as a couple? \_\_\_\_\_

What creates vulnerability in your relationship? \_\_\_\_\_

What would you like to see change in your partner? \_\_\_\_\_

What change/s do you know that you need to make? \_\_\_\_\_

What change/s has your partner been wanting you to make? \_\_\_\_\_

Please rate the following areas.

Rating Scale: 0=very poor; 1=poor; 2=fair; 3=good; 4=very good; 5=excellent

Personal interest in partner	
Personal interest in children	
Deep level of communication with partner	How often?
Deep level of communication with children	How often?
Time spent in activities with partner	How much time?
Time spent in activities with children	How much time?
Trust in partner	
Partner's trust in you	
Affection towards partner	How often?
Sexual intimacy with partner	
Collaborative decision making	
Collaborative money management	
Dividing home upkeep responsibilities	How much time?
Your support for your partner's personal life	
My partner's support of my personal life	
Managing conflict safely	How often?
Connecting with extended family	
Dealing with work/ career/s	
Spiritual life as an individual	
Spiritual life as a couple	