

TOP 10 COUPLES THERAPY QUESTIONS

Welcome to Journey's End Counseling and the office of Tammy Austin, Licensed Mental Health Counselor and Relationship Coach. The following questions are designed to aid you and your spouse/partner in having an open dialogue about the health of your relationship. Couple's therapy is ideal when both parties are willing, open and engaged. Therapy can open dialogue and create an atmosphere of mutual trust, respect and acceptance of each other.

- 1. Why are you interested in therapy with your spouse or partner?*
- 2. If life/everything was perfect my spouse/partner and I would:*
- 3. Currently do you and your spouse/partner have rituals that have special meaning for your relationship?*
- 4. Do you and your spouse/partner have shared goals for the relationship?*
- 5. When you have disagreements are you able to course correct or do disagreements cause distance lasting for hours/days?*
- 6. Do you and your spouse/partner have conflicts about money or finances?*
- 7. Would you or your spouse/partner describe your relationship as, "emotionally safe?"*
- 8. Does your relationship provide opportunities to be transparent and open with your spouse/partner without judgement or criticism?*
- 9. Do you have children, if so do you and your partner have similar parenting styles?*
- 10. Do you and your spouse enjoy mutually satisfying sexual relationship?*
- 11. **Are lying, deceiving or manipulation behaviors frequent in your interactions with your spouse/partner?*

For more information or to schedule a 10 minute consultation call: 321-972-1875 or email Tammy@journeysendcounseling.com

