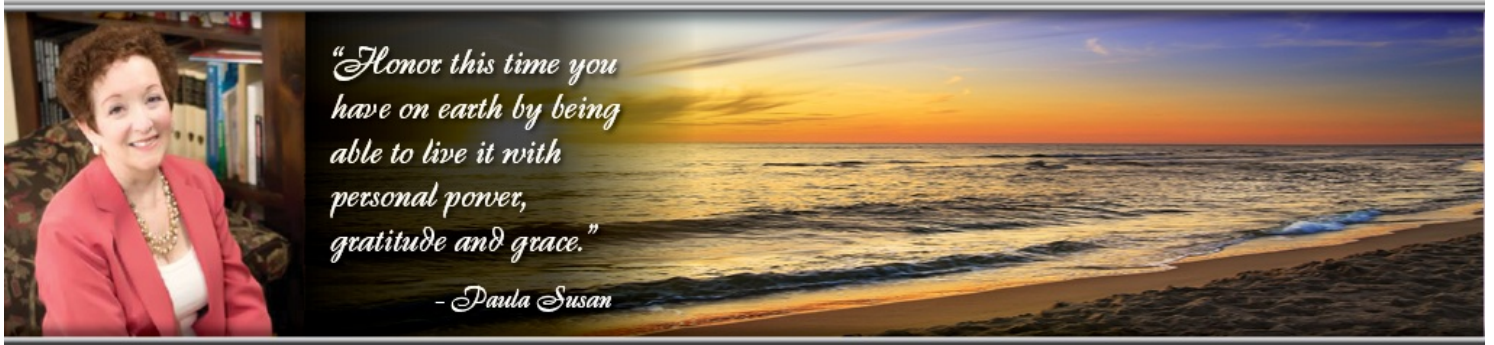


## Relationship Counseling



### Taking Inventory

I am inviting each of you to take some time to fill in, on your own, the answers to these sentence stems. Then bring it with you for your first appointment with me. It will allow me to have a quick overview of your feelings about your relationship, yourselves and each other. In the process of your sharing your answers, I will be teaching you a skill that helps you learn to listen well and a way to let your partner know you are hearing what is being said.

- Some of the hopeful thoughts I have prior to beginning the counseling process with you are...

Some of the things I fear about this process are...

My personality and behavioral traits that may contribute to our relationship strengths are...

My personality and behavioral traits that may contribute to our relationship challenges are...

Some of the personality and behavioral traits that I admire about you (your partner) are...

Some of the personality and behavioral traits that bother me about you (your partner) are...

This investment will be a success for me if...

This investment will be a success for us if...

I am \_\_\_\_\_ committed to doing what I can to make this process a success.