

Name:

Date:

Couples Therapy Worksheets

Take a moment to reflect honestly about your relationship and answer the questions below.

1. What is the main issue or challenge you would like to improve in this relationship?

2. What have you done that helps make the relationship better?

3. What is one thing you could do differently to improve the relationship?

4. What do you appreciate most about your partner?

5. What is one goal you would like to achieve together in this relationship?