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## **RELATIONSHIP HISTORY**

**PATIENT NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

### **PREVIOUS SERIOUS ROMANTIC RELATIONSHIPS:**

**Previous to the current one, were there any other serious romantic relationships?**

**Could you give me a brief history of them, pointing out the positives and the negatives of each; what caused the break up; what was it like for you and how long were you alone before the next relationship?**

**Do you see any pattern across your relationships?**

**If so, which pattern?**

**CURRENT ROMANTIC RELATIONSHIP:**

**How long have you been together with your current partner?**

**What was your first impression of your partner?**

**Can you describe how it is like to be with your partner now?**

**What do you like in your relationship with your partner?**

**What don't you like?**

**What do you think your partner likes most about you?**

**What does he/she like least?**

**How much time do you spend together?**

**Is it enough for you?**

**Why?**

**How comfortable are you discussing personal matters with your partner?**

**Are there topics you avoid discussing? And why?**

**How does your partner respond when you ask for help or support?**

**How does your partner respond when you are upset or angry?**

**How well do you think your partner understands you?**

**Have you ever felt rejected by your partner?**

**Have you ever doubted that your partner loves and cares about you?**

**How do the two of you go about making decisions?**

**In your opinion, do you think it is a two-way street?**

**How often do you have disagreements or arguments?**

**What are they typically about?**

**Do they get resolved?**

**If so, how?**

**If not, how long do you stay angry/hurt/disconnected?**

**How long does your partner?**

**Who initiates the arguments, and who initiates the repair?**

**Do you ever wonder if your partner disagrees from you but does not tell you?**

**How do you feel about the sexual side of your relationship?**

**How do you think your partner feels about it?**

**Is sex more important to you or your partner?**

**Have there been changes in your sexual life together since the beginning of the relationship?**

**And how do you feel about them?**

**How comfortable are you with talking about sex with your partner?**

**How affectionate are the two of you with each other?**

**Have you and your partner ever been apart for any length of time?**

**How do you feel when you are apart?**

**How do you think your partner feels about it?**

**Often couples feel that one partner is more invested or committed than the other. Is this the case in your relationship?**

**If so, of the two of you who do you think is more invested/committed?**

**Are you or your partner afraid of being too dependent on each other?**

**Is either of you too jealous or possessive?**

**Is either of you too detached, aloof?**

**Have you ever thought about separating?**

**If so, what are your thoughts about it?**

**Do either of you have plans for separation?**

**How difficult would it be for you to end the relationship?**

**What kind of changes would you like to see in your relationship to improve it?**

**Do you think your partner is as willing as you to work at correcting current problems?**

**Is there anything else about your relationship that we have not addressed and that you think I should know, in order to be of better help to you?**

**Please sign \_\_\_\_\_**