

Problem Areas Assessment

Name:

Date:

Please fill out the following form. Think about how things are feeling **right now**.

Emotional Connection

	Not a Problem	Is a Problem
Emotional Distance	<input type="checkbox"/>	<input type="checkbox"/>
Just simply talking to each other	<input type="checkbox"/>	<input type="checkbox"/>
Staying emotionally close	<input type="checkbox"/>	<input type="checkbox"/>
Feeling take for granted	<input type="checkbox"/>	<input type="checkbox"/>
Spending time together	<input type="checkbox"/>	<input type="checkbox"/>
Don't feel known by my partner right now	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Handling Job and Other Stresses

	Not a Problem	Is a Problem
Helping each other reduce daily stresses	<input type="checkbox"/>	<input type="checkbox"/>
Talking about stresses in a helpful manner	<input type="checkbox"/>	<input type="checkbox"/>
Partner taking job stresses out on me or others	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Handling Issues or Disagreements

	Not a Problem	Is a Problem
Differences have arisen that feel very basic	<input type="checkbox"/>	<input type="checkbox"/>
Differences feel unresolvable	<input type="checkbox"/>	<input type="checkbox"/>
We are living daily with hurts	<input type="checkbox"/>	<input type="checkbox"/>
Our positions are getting entrenched	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Romance & Passion

	Not a Problem	Is a Problem
Partner has stopped being verbally affectionate	<input type="checkbox"/>	<input type="checkbox"/>
We rarely touch each other	<input type="checkbox"/>	<input type="checkbox"/>
We have stopped feeling very romantic or passionate	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Sex Life

	Not a Problem	Is a Problem
The frequency of sex	<input type="checkbox"/>	<input type="checkbox"/>
Satisfaction from sex	<input type="checkbox"/>	<input type="checkbox"/>
Being able to talk about sex	<input type="checkbox"/>	<input type="checkbox"/>
Problems of desire	<input type="checkbox"/>	<input type="checkbox"/>
Wanted different things sexually	<input type="checkbox"/>	<input type="checkbox"/>
Amount of love in our lovemaking	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Parenting Issues

	Not a Problem	Is a Problem
We have very different goals for our children	<input type="checkbox"/>	<input type="checkbox"/>
Different ideas on how to discipline	<input type="checkbox"/>	<input type="checkbox"/>
Different ideas on how to be close to our children	<input type="checkbox"/>	<input type="checkbox"/>
We don't talk about these issues well	<input type="checkbox"/>	<input type="checkbox"/>
There is a lot of tension over these issues	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

In-Laws

	Not a Problem	Is a Problem
	<input type="checkbox"/>	<input type="checkbox"/>
I feel unaccepted by partner's family	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes wonder what family my partner is in	<input type="checkbox"/>	<input type="checkbox"/>
I feel unaccepted by my own family	<input type="checkbox"/>	<input type="checkbox"/>
These issues have generated a lot tension	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Infidelity/Outside Attractions

	Not a Problem	Is a Problem
This is a source of a lot of hurt	<input type="checkbox"/>	<input type="checkbox"/>
This has create insecurity	<input type="checkbox"/>	<input type="checkbox"/>
Hard to re-establish trust	<input type="checkbox"/>	<input type="checkbox"/>
I'm tired of apologizing	<input type="checkbox"/>	<input type="checkbox"/>
I can't stop being angry	<input type="checkbox"/>	<input type="checkbox"/>
I can't deal with my partner's anger	<input type="checkbox"/>	<input type="checkbox"/>
My partner continues to lie/betray trust	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Handling Conflict

	Not a Problem	Is a Problem
There are more fights now	<input type="checkbox"/>	<input type="checkbox"/>
I feel criticized lately	<input type="checkbox"/>	<input type="checkbox"/>
I don't feel respected	<input type="checkbox"/>	<input type="checkbox"/>
Anger and irritability have crept into relationship	<input type="checkbox"/>	<input type="checkbox"/>
Fights seem to come out of nowhere	<input type="checkbox"/>	<input type="checkbox"/>
There has been physical violence between us	<input type="checkbox"/>	<input type="checkbox"/>
My partner is or we are verbally assaulting each other	<input type="checkbox"/>	<input type="checkbox"/>
I find some of what my partner wants upsetting or repulsive	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Basic Values and Goals

	Not a Problem	Is a Problem
We seem to now have very different life goals	<input type="checkbox"/>	<input type="checkbox"/>
We now seem to have different beliefs	<input type="checkbox"/>	<input type="checkbox"/>
I don't much like who I am with my partner	<input type="checkbox"/>	<input type="checkbox"/>
We seem to be growing in different directions.	<input type="checkbox"/>	<input type="checkbox"/>
This is turning into a relationship I hadn't bargained for	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Addictions/Emotional Issues

	Not a Problem	Is a Problem
There is a problem with drugs or alcohol	<input type="checkbox"/>	<input type="checkbox"/>
There is a problem with depression, anxiety or other emotional struggles	<input type="checkbox"/>	<input type="checkbox"/>
My partner doesn't seem interested in getting help for his or her problems	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Working as a Team

	Not a Problem	Is a Problem
We don't share the household chores	<input type="checkbox"/>	<input type="checkbox"/>
My partner is not carrying weight financially	<input type="checkbox"/>	<input type="checkbox"/>
I feel alone in managing the family	<input type="checkbox"/>	<input type="checkbox"/>
My partner is not being considerate	<input type="checkbox"/>	<input type="checkbox"/>
We struggle accomplishing tasks together	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Handling Finances

	Not a Problem	Is a Problem
I or my partner just doesn't bring in enough money	<input type="checkbox"/>	<input type="checkbox"/>
We have differences about how to spend money	<input type="checkbox"/>	<input type="checkbox"/>
We are stressed about finances	<input type="checkbox"/>	<input type="checkbox"/>
My partner is financially more interested in self than in us	<input type="checkbox"/>	<input type="checkbox"/>
There is not enough financial planning	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Having Fun Together

	Not a Problem	Is a Problem
We don't seem to have time for fun	<input type="checkbox"/>	<input type="checkbox"/>
We don't seem to enjoy our time together very much	<input type="checkbox"/>	<input type="checkbox"/>
We are too stressed for fun	<input type="checkbox"/>	<input type="checkbox"/>
Work takes up all our time	<input type="checkbox"/>	<input type="checkbox"/>
We have very different interests	<input type="checkbox"/>	<input type="checkbox"/>
We plan fun things but they never happen	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Spirituality

	Not a Problem	Is a Problem
Share the same beliefs	<input type="checkbox"/>	<input type="checkbox"/>
Issues about a specific house of worship	<input type="checkbox"/>	<input type="checkbox"/>
Communicating well about spiritual issues	<input type="checkbox"/>	<input type="checkbox"/>
Issues about spiritual growth and change	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual issues involving our family	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Thank you for taking the time to fill out this form! Please submit to karen@reinventingrelationships.com