

Couple's Counseling Pre-test

Couple's therapy is the least successful of all treatments. The failure rate is largely due to the fact that many therapists do not adequately screen for the appropriateness of the treatment. For couple's therapy to be successful, several conditions apply. Use the test below to determine whether or not couples therapy is your best choice.

Below is a list of questions for each person in the partnership to answer.

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| Yes | No | 1. Are either of you distressed, upset, angry or frustrated with your own, or your partner's alcohol or drug use? (Are some of your arguments about alcohol/drug use or are arguments arising while impaired/intoxicated?) |
| Yes | No | 2. Do either of you fear emotional or physical abuse in this relationship? (Any history of violence, threats of violence, anger outbursts, tantrums, name calling, rage, screaming, etc?) |
| Yes | No | 3. Do either of you have a third party involved in this relationship? (Overly involved in-laws, an unresolved former relationship, inappropriate texting internet relationships or a current affair,?) |
| Yes | No | 4. Are either of you interested in using couples therapy as a forum to blame, complain or tattle about your partner? (Desire to use the therapist to make your partner change or to referee your fight?) |
| Yes | No | 5. Are either of you engaged in self-destructive or secretive activities that violate the trust in this relationship? (Excessive lying, gossiping, spending, shopping or gambling problems, porn addiction or illegal activity?) |
| Yes | No | 6. Have either of you already decided to end the relationship rather than repair it? (ie; separation or divorce papers filed or pending? Wanting to attend couples therapy simply so you can say that you tried before you follow through with your plan to split?) |

Scoring: ***A "No" answer from both partners on each question indicates couple's therapy is appropriate. Either person answering "Yes" to any question above indicates that individual therapy would be the preferred treatment choice.