



Goals for couple therapy

Would you like to focus on any of these goals in the couple therapy work?

Rate each one out of ten for how important it is to you.

Name:	Date
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1. To get a better understanding of my own emotional and cognitive patterns (schemas) and those of my partner as a basis for deepening the quality of our relationship and learning to resolve conflicts

2. To learn to become more aware of my own needs in the relationship, as well as those of my partner, as a basis for working towards each of us getting our needs better met.

3. To learn new relational skills to enable me to communicate my needs and experience to my partner in a way that s/he can understand me better.

4. To learn new relational skills to enable me to better attune to and understand my partner's needs and experience and respond empathically (in a manner that conveys my genuine understanding).

5. To learn new relational skills to enable me, when there are conflicts, to engage respectfully with my partner in working together to find mutually acceptable solutions and compromises.