



STEFFEN
COUNSELING SERVICES

Couples Therapy Readiness Self-Assessment

A simple reflection tool from Steffen Counseling Service

Many couples wonder whether they "need" therapy. This worksheet isn't meant to diagnose your relationship or tell you what to do. Instead, it's designed to help you notice patterns, start meaningful conversations, and consider whether additional support could be helpful.

Instructions: Read each statement and check the box if it describes your relationship over the past six months.

Communication

- ☐ We often have the same argument without resolving it.
- ☐ One or both of us feels misunderstood.
- ☐ Difficult conversations usually end in frustration or avoidance.
- ☐ We struggle to express our needs calmly.

Total: ____ /4

Emotional Connection

- ☐ We feel emotionally distant.
- ☐ We rarely spend quality time together.

- ☐ Affection or intimacy has decreased.
- ☐ We sometimes feel lonely within the relationship.

Total: _____ /4

Conflict & Stress

- ☐ Arguments escalate quickly.
- ☐ One of us withdraws or shuts down during conflict.
- ☐ We have difficulty repairing after disagreements.
- ☐ Outside stress (work, finances, parenting, health, etc.) is affecting our relationship.

Total: _____ /4

Trust & Partnership

- ☐ Trust has been damaged and hasn't fully healed.
- ☐ We struggle to work as a team.
- ☐ Important decisions often create conflict.
- ☐ We both want the relationship to improve but aren't sure how.

Total: _____ /4

Your Score

Add your totals together.

0–4 checks

Your relationship appears to have a strong foundation. Every couple experiences challenges, and learning new communication skills can help maintain a healthy connection.

5–9 checks

You're noticing recurring patterns that may benefit from intentional attention. Many couples seek therapy at this stage to improve communication and reconnect before problems become more entrenched.

10–16 checks

Your relationship may be carrying significant stress or unresolved conflict. Therapy can provide a structured, supportive environment where both partners feel heard and can work toward healthier patterns together.

Reflection Questions

Discuss these questions together—or write your answers individually before comparing responses.

1. Which statement stood out to you the most?

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2. What is one strength our relationship already has?

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3. What challenge would we most like to improve?

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4. What would a healthier relationship look like six months from now?
-

5. What's one small step we could take this week toward that goal?
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Remember

Needing support doesn't mean your relationship has failed.

Many couples begin therapy because they care deeply about one another and want better tools for navigating life's challenges. Seeking help is a sign of investment, not failure.

Ready to Talk?

If this worksheet raised questions or helped clarify areas you'd like to strengthen, Steffen Counseling Service is here to help. Couples therapy offers a supportive, nonjudgmental space to improve communication, rebuild trust, and strengthen your relationship.