



*HOPE APPROACH*

# SELF- ASSESSMENT WORKBOOK

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## HOPE APPROACH

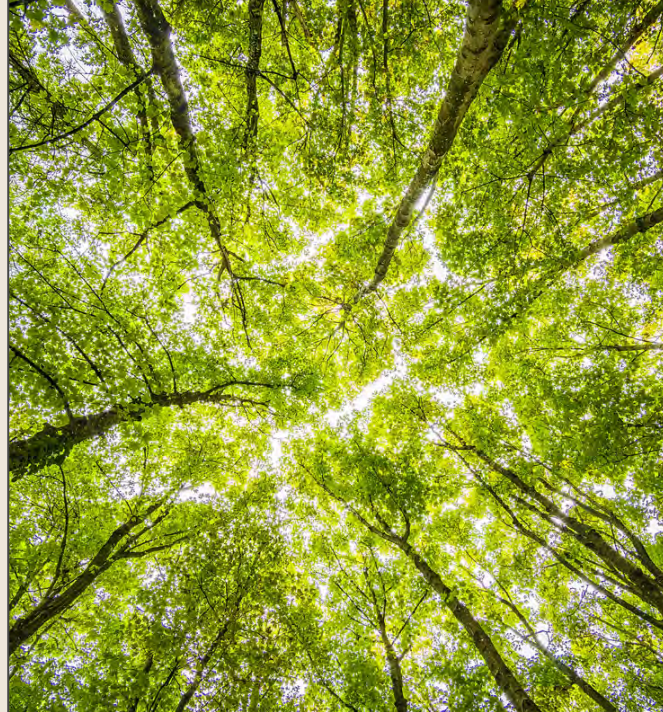
# ASSESS

THIS WORKBOOK IS INTENDED TO HELP COUPLES SELF-ASSESS THEIR RELATIONSHIP, OR TO ASSESS THEIR RELATIONSHIP IN COLLABORATION WITH THEIR THERAPIST.

IT IS WISE TO STOP AND REFLECT ON YOUR RELATIONSHIP REGULARLY. ALL RELATIONSHIPS EBB AND FLOW, AND IT'S IMPORTANT TO CONSIDER WHERE YOU ARE

1. GREEN ZONE. ARE YOU IN A GOOD PLACE OVERALL, AND JUST WANT TO ATTEND TO A FEW CHRONIC AREAS OF RELATIONSHIP TENSION?
2. YELLOW ZONE. HAVE YOU HAD BETTER DAYS IN THE PAST AND THE TENSIONS YOU ARE FEELING NOW ARE CONCERNING. IF YOU CAN DISCUSS GOOD RESOLUTIONS OF SOME POOR PATTERNS OR BAD HABITS, YOU CAN GET BACK IN THE GREEN ZONE.
3. RED ZONE. COUPLES IN THE RED ZONE WILL KNOW IT. YOU FEEL THE PAIN OF CONFLICT, UNFORGIVENESS, AND DISCONNECTION. IT IS YOUR DECISION TOGETHER AS A COUPLE IF YOU WANT TO REPAIR THE RELATIONSHIP. MOST COUPLES WILL NEED A COUNSELOR TO HELP THEM WITH THE RED ZONE..

EVEN IF PARTNERS ARE NOT IN THE SAME PLACE IN THEIR ASSESSMENT, BOTH OF YOUR PERSPECTIVES ARE IMPORTANT. WE ENCOURAGE YOU TO ENTER THIS ASSESSMENT WITH CURIOSITY AND INTEREST IN IDENTIFYING AREAS FOR IMPROVEMENT.



## 3 STEP

# PROCESS

STEP ONE

FILL OUT THE QUESTIONNAIRES SEPARATELY

STEP TWO

SHARE YOUR RESULTS WITH EACH OTHER  
AND YOUR COUNSELOR, IF YOU HAVE ONE

STEP THREE

MAKE A PLAN TOGETHER HOW YOU WILL  
EITHER ENRICH YOUR RELATIONSHIP OR USE  
COUNSELING TO CHANGE PATTERNS AND  
INCREASE YOUR CONNECTION



## OVERALL

# HOW ARE WE?

Overall, across the last month, most of the time,  
what are top two moods in the relationship?

Pick 2



The following represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please circle the degree of happiness, all things considered, in your relationship. Pick 1

Extremely Unhappy  
Fairly Unhappy  
A Little Unhappy

Happy  
Very Happy  
Extremely Happy  
Perfect

Write here a little bit about why you want to improve your relationship or seek counseling. What is it that you see that is a pattern or small things, or a big thing, that you feel like attention and collaboration as a couple will be able to change things.



# *PARTS OF RELATIONSHIP*

## THE COUPLE ASSESSMENT OF RELATIONSHIP ELEMENTS

PLEASE RATE THE QUALITY OF YOUR RELATIONSHIP ON SEVEN DIMENSIONS BELOW AND THE OVERALL RATING BY CIRCLING THE RATING THAT BEST APPLIES TO YOUR RELATIONSHIP AT THE PRESENT TIME.

PUT A CHECK IN THE BOX THAT FITS FOR YOU

	Couldn't be worse	Terrible	Bad	Not bad, not good	Good	Great	Couldn't be better
Intimacy							
Communication							
Resolving Differences							
Freedom from blaming my partner when things go poorly							
Willingness to admit when I have hurt , and ask for forgiveness							
Ability to forgive my partner when I am hurt							
Commitment							

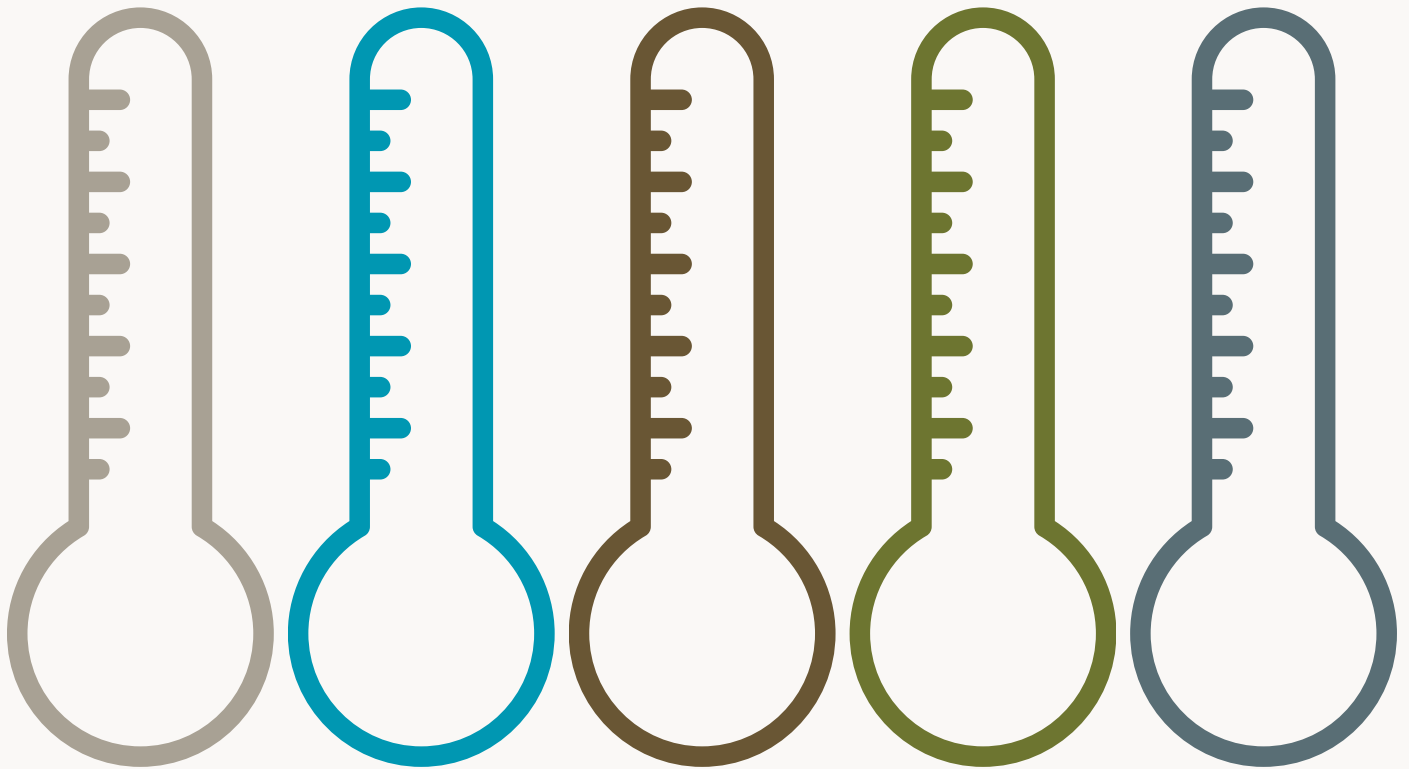
The Care was developed by Dr. Worthington, and can be freely used for clinical or research purposes



# INTIMACY THERMOMETERS

Intimacy in a relationship has several aspects to it. You might feel close in one area, but not as close in other areas. Below are 5 thermometers of different aspects of closeness.

Mark a dash where you think things are now in your relationship and put an X where you would like it to be in your relationship.



Emotional  
Connection

Recreational  
Activities

Physical/  
Sexual

Intellectual  
Ideas

Spiritual/  
Religious



# The Hope Routine Outcome Monitor

This is used weekly in therapy in Hope approach, it helps couples focus on aspects of their relationship and watch for changes.

## INSTRUCTIONS:

Answer each question about how you feel about your relationship THIS WEEK

### QUESTIONS:

### RATING SCALE:

Emotional Engagement: Do you feel you are emotionally connected, (trusting, open, safe) with your partner this week?

Understand: Do you feel you understand and are in tune with each other?

Alliance. Do you feel like you and your partner are working well together toward relationship goals?

Work. Are you putting time and effort into improving your relationship (doing positive/ healthy things for your relationship)?

Therapist alliance. How much is your therapist working with you to accomplish your goals?

Would you say Couple Counseling is working? We are working on the things I want to work on in couple counseling.

Overall, what is your level of well-being (how you are doing)?

Did you use any exercises, resources or recommendations from couple therapy this week? If so, how did it go?

Never 1 Rarely 2 Sometimes 3 Often 4 Always 5



Never 1 Rarely 3 Sometimes 5 Often 8 Always 10



Couldn't be worse 1

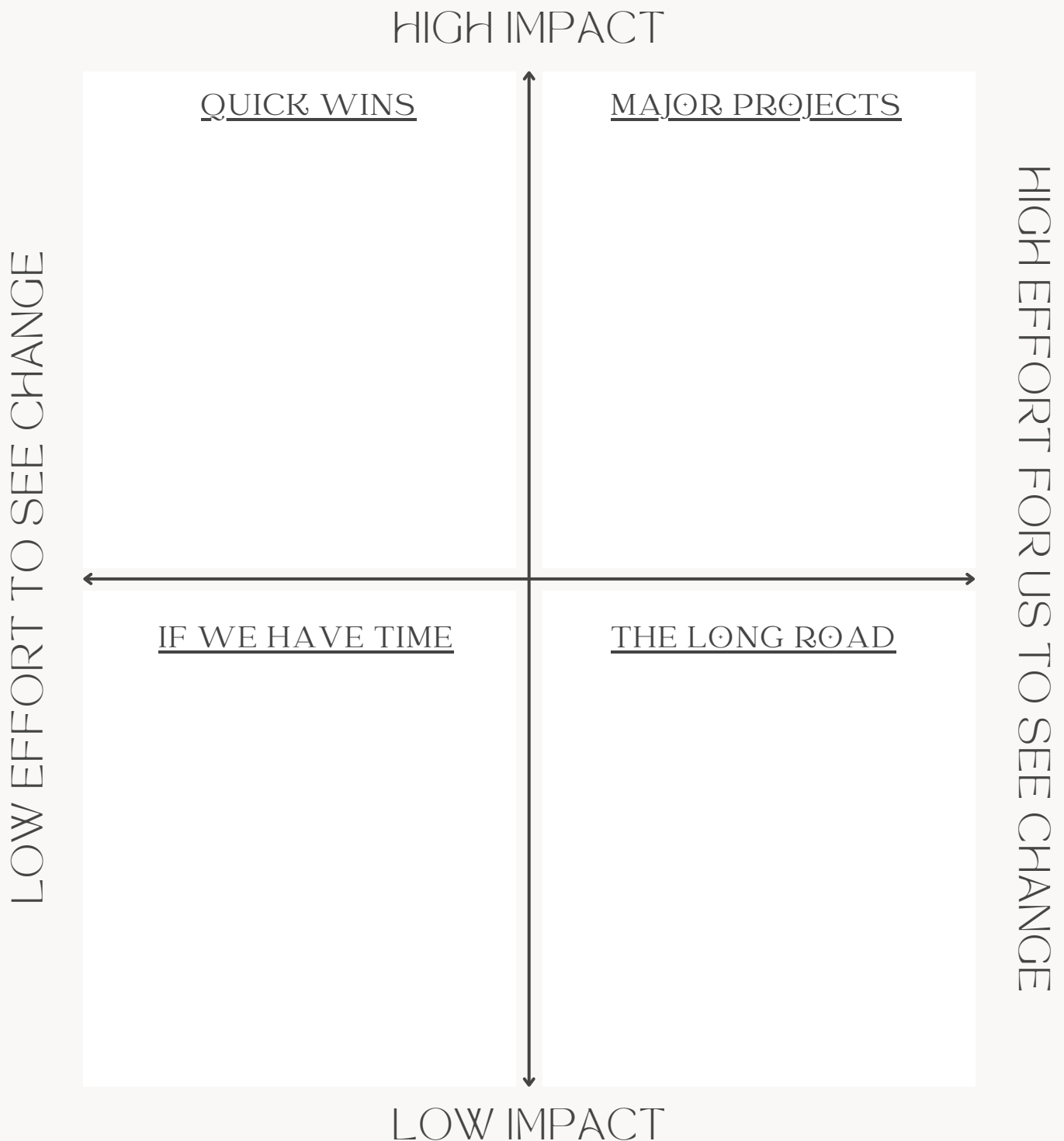
Couldn't be better 20



# *ACTION PRIORITY*

# MATRIX

In terms of the parts and patterns of your relationship that you would like to improve, where do the different aspects fit for you? The upper two boxes are things that you believe would make a big difference in your relationship. The bottom two boxes are less important to you. The boxes on the left are things you think you could change with low to moderate effort, and the boxes on the right you believe would take high effort. Previous questions may give you ideas what aspects to include.





## *HOPE FOCUSED*

# GOALS

As you are beginning this process, it's helpful to think about the end, after counseling is finished.

Most of the time progress in counseling starts out positively, then there is a dip in satisfaction around session 4-5 as you dig deeper into patterns. Some couples want to give up at this point. It's important to know this is normal. The good news is that the dip in satisfaction has a slow climb upward in satisfaction from session 5 to 12 for most couples. This is called the remediation phase and is a part of deeper change.

All couples are different, and some face particular stressors early or late in treatment that can redefine your goals. But it's good to start with positive goals to carry you through the journey ahead.

It is also helpful to know that about half of clients need 13-18 sessions to meet their goals in treatment. Over 600 studies have supported this length of time in counseling.

HOW THINGS WILL BE DIFFERENT:

WHAT WILL THIS GIVE US?



AND WHAT WILL THIS GIVE US?



SO, WHY IS THIS GOAL IMPORTANT?





## ACTION

# COUPLE COUNSELING FIRST MEETING

We think it can be helpful for you to see the questions that your couple therapist may ask you in your first meeting with them. You can begin to ponder the questions, and even discuss them together if you think it can be a constructive discussion.

MAJOR PROBLEMS: What do you see as the major problems in your relationship? Let's get a lay of the land.

SCALING If you had to scale your relationship as it stands today on a scale of 0 to 10, where do you see your relationship today? What would improve things by just one point?

HISTORY How did you come to meet, grow in attraction, and how has your life progressed until now?

SPECIFIC AREAS Choose a specific area of your relationship and let's have you discuss that for 5-7 minutes. I'll just see how you talk about it.

COMMUNICATION Reflecting on how you communicating in that 5-7 minutes, how do you think you did communicating?

INTIMACY Let's talk about different types of intimacy and closeness. Looking at the intimacy thermometers, how are things?

UNFORGIVEN HURTS what hurts or offenses do you still need to work towards forgiving? Is that a goal for your counseling?

BEST HOPES What are you best hopes and dreams for the future of this relationship?

MIRACLE QUESTION If you went to sleep tonight and a miracle happened, and all the hopes and dreams were realized, what would be different?



# THE HOPE APPROACH



WE HOPE THIS SELF-ASSESSMENT HELPS YOU START OUT YOUR COUPLE COUNSELING ALREADY MOVING TOWARDS YOUR GOALS.

**WEBSITE**    [WWW.HOPECOUPLES.COM](http://WWW.HOPECOUPLES.COM)

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*Dr. Jen Ripley*