**Managing the Relationship: Questionnaire**

How do you soothe yourself when there is conflict in your relationship? How do you soothe your partner?

What attempts do you make to repair the relationshipwhen conflict develops?

How do you manage the relationship?

What does your partner say or do that works well when there are conflicts?

What has worked in the past or at the beginning of your relationship towards improving your relationship? What have you done and what has your partner done?

How do you convey acceptance, respect and fondness to your partner? How does he/she react when you do this?

What were the last four caring behaviors you carried out for your partner? The last four uncaring behaviors? How do you turn to each other for support and comfort?

How do you behave in ways that put your partner’s well-being first?

**Offering Couples Therapy, Couples Counseling, Marriage Therapy and Marriage Counseling in Reston, Va., and Bethesda, Md.**