

Marriage Therapy Worksheet: Version 2

Give appropriate answers to each question regarding your partner. Complete this worksheet on your own then share it with your partner.

What are/were my expectations from the marriage?

What makes my marriage difficult?

Identify the areas on which I need to work on or would like to improve with my partner?

The most challenging and difficult part of our marriage?

Things I would like my partner to know and work on

How does your partner appreciate you?

Things I'm grateful for (in my marriage)

I would like to say, to my partner that

I love my partner because