

Couples/Relationship Assessment

How's your relationship doing? Is it as good as you'd like it to be?

- Are you unhappy, but not sure how to make positive change happen?
- Maybe you're wondering whether you'd be good candidates for couples therapy?
- Are you in a good relationship and want to keep things going well?
- Or, are you thinking about moving in together or getting married, and are looking for practical suggestions to start things off in a positive manner?

Based on the work of Drs. John and Julie Gottman, ***we are able to predict with a high degree of accuracy which couples will divorce or become unhappy over time.*** For example, we know that:

- Couples are unhappy for an average of seven years before entering couples counseling.
- Marriages tend to end either after 5-7 years due to high conflict, or after 10-12 years due to the loss of intimacy and connection.
- In happy couples, the ratio of positive to negative interactions is 20 to 1.
- Negativity is the best predictor of divorce, but couples who are able to effectively make repairs after disagreements are more likely to stay married.
- About 69% of all issues within a relationship never get solved, and instead must be managed.



Which areas are most problematic in your relationship? A Gottman Couples Assessment can help pinpoint the trouble spots between you and your partner as well as the strengths that hold you together. This assessment is geared towards all stages of romantic relationships – new, premarital, or marital – and has proven effective with both heterosexual and same-sex couples.

An assessment package includes —

- An interview with you and your partner together about your relationship and how you interact.
- A separate interview with each partner about the relationship.
- An online survey that you and your partner complete separately to determine your individual histories and concerns in the relationship.
- A feedback session in which you review your relationship profile including the strengths and challenges you bring to the table as a couple, what needs to change, and what it will take to create a lasting and satisfying relationship.
- After completing the assessment, you will have the option to continue relationship therapy using the Gottman method if you wish. The goal is not to build a dependence on therapy, but to teach you practical skills that you can effectively apply in your daily lives to benefit your relationship.

Cost for the assessment: \$400 per couple