



THE SIBLEY GROUP

Positive psychotherapy for families, couples & adults

GOAL SHEET & AUTOBIOGRAPHY

In working with couples, I find that it is helpful to put some time and thought into a few aspects about your relationship before we meet together. Spend a few moments thinking about your relationship and answering the questions below. Please email them to allison@thesibleygroupdc.com and I will review them before our first meeting together.

1. I would like to receive an autobiography from each of you in advance. I'd like it to be your own narrative of your life thus far, including some sense of what you see as the problem(s) in your marriage, which led you to come meet with me. What would you like me to know about you? It can be of any length.
2. I work with couples both on problems and patterns. List what you see as the primary problem you would like to work on in your relationship.

3. Think back on when you first met. What attracted you to your partner? What aspects of your partner did you fall in love with? Write a sentence or two about that.

4. Consider an argument or conflict that you have often. Write a sentence or two describing it. Then, if you can, identify a pattern that you might see within the conflict. If that is too difficult, it is okay. Please know that I can help you with that and that we will work together on identifying that in our first few meetings.

5. Complete the Relationship Questionnaire (attached) and list 1-2 goals for this process.

RE Topic Generator

1. In the way we spend our free time after school and on weekends, I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because-although [state underlying positive]-I would like it better if...
2. With respect to my/your/our involvement with the community or organizations I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
3. With respect to money/budget/allowance issues I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
4. With respect to my/your/our interactions with friends or relative:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
5. With respect to displays of affection I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
6. With respect to keeping a home that is clean/neat/organized etc. I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
7. With respect to your/my personal appearance, hygiene, dressing styles, grooming, etc. I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
8. With respect to your/my/our religious commitment and practices, I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
9. With respect to patterns of communication with each other, I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...
10. With respect to dividing labor or responsibilities in any area, I would like:
 - a. No change in our present choices or patterns of behavior; it is wonderful just the way it is.
 - b. Some change because - although [state underlying positive] - I would like it better if...

Relationship Questionnaire

Date: _____

Name: _____

This questionnaire will encourage you to think about your relationship. Think about how you get along with each other and what improvements you would like to see. Respond to each item as openly and honestly as possible. If you do this assignment at home, do not show it to anyone, including each other. If you have trouble thinking of issues, look at the Topic Generator handout.

1. Positive Issues or "Appreciations": List three important things about your relationship that please you or that you admire, despite whatever problems you might have.

2. Enhancement Issues: List three ideas that would enrich your relationship and make it better or more enjoyable. They should add positives rather than eliminate negatives. Try to list suggestions that are long-term not just a one-time suggestion (i.e., I'd like to cook dinner together once a week, rather than I'd like to cook more together tomorrow):

3. Minor Conflicts/Problems: List three things you would like to change to improve your relationship(s). These should be small issues that might be troublesome, not the "heaviest" or most difficult problems.

4. Major Problems: List major relationship conflicts or problems.

5. Life Goals: List your dreams for the future and individual and shared life goals.

Adapted from form by B.G. Buerney, 2005