

200

Cards 200 Thought-Provoking Questions for Couples Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

EXPLORING THE PAST

**WHAT'S ONE WORD THAT BEST
DESCRIBES YOUR MOTHER?**

• • • •

**WHAT'S ONE WORD THAT BEST
DESCRIBES YOUR FATHER?**

• • • •

**WHAT CHARACTERISTICS OF
YOUR PARENTS' MARRIAGE
WOULD YOU LIKE TO SEE IN
YOURS?**

• • • •

**WHAT CHARACTERISTICS OF
YOUR PARENTS' MARRIAGE
WOULD YOU LIKE TO AVOID?**

• • • •

**HOW DID YOUR FATHER TREAT
YOUR MOTHER AND VICE VERSA?**

....

**DID ONE PARENT CONSTANTLY
TEASE, BELITTLE, OR OTHERWISE
ABUSE THE OTHER?**

....

**HOW DID YOUR PARENTS
APPROACH DISAGREEMENTS OR
CONFRONTATIONS? DID YOU SEE
WORK THROUGH THEM OR AVOID
THEM?**

....

**WERE YOU AWARE OF ONE
PARENT KEEPING SECRETS
FROM THE OTHER?**

....

**WERE YOU AWARE OF ANY
INFIDELITY BY EITHER OF YOUR
PARENTS?**

....

**HAS YOUR PARENTS' MARRIAGE
INFLUENCED HOW YOU ADDRESS
PROBLEMS AND DISAGREEMENTS
WITH YOUR PARTNER?**

....

**GROWING UP, WERE YOU
EXPOSED TO MOSTLY POSITIVE
AND LOVING RELATIONSHIPS OR
NEGATIVE ONES?**

....

**DID YOUR PARENTS BELIEVE
THAT MARRIAGE WAS A BURDEN
OR A JOY?**

....

**CAN YOU THINK OF A COUPLE THAT
YOU KNOW WHO HAVE A GREAT
MARRIAGE? WHAT CHARACTERISTICS
OF THEIR MARRIAGE WOULD YOU
LIKE TO SEE IN YOURS?**

• • • •

**IS THERE ANY LOSS IN YOUR LIFE
THAT YOU'VE NEVER FULLY GRIEVED
OVER?**

• • • •

**WHAT WAS THE LOWEST POINT
IN YOUR LIFE, AND HOW DID YOU
HANDLE IT?**

• • • •

CHILDHOOD

**HOW HAS YOUR BIRTH ORDER
AFFECTED YOU?**

....

**AS A KID, WHAT DID YOU WANT TO
GROW UP TO BE?**

....

**AS A KID, WHAT WAS YOUR IDEA
OF FUN?**

....

**WHAT NIGHTMARE WOKE YOU UP
IN A PANIC?**

....

**HOW WOULD YOU DESCRIBE
YOUR MOST MAGICAL
CHILDHOOD MOMENT?**

• • • •

**WERE YOU JEALOUS OF SOME OF
YOUR FRIENDS WHILE GROWING UP?
IF SO, WHY?**

• • • •

**DID YOU ENJOY GOING TO
SCHOOL, OR DID YOU FEEL IT
WAS A BURDEN?**

• • • •

**DO YOU SEE YOURSELF AS A
LATE BLOOMER OR DID YOU
FEEL LIKE YOU WERE FORCED
TO MATURE FASTER THAN
OTHERS?**

• • • •

**DESCRIBE A PLEASANT
CHILDHOOD MEMORY THAT HAD
AN IMPACT ON YOUR LIFE.**

• • • •

**DESCRIBE AN UNPLEASANT
CHILDHOOD MEMORY THAT STILL
BOTHERS YOU.**

• • • •

**WERE YOU PICKED ON OR
BULLIED AS A CHILD? DID YOU
PICK ON OTHERS?**

• • • •

**DESCRIBE YOUR FIRST
CHILDHOOD CRUSH.**

• • • •

PARENTS AND IN-LAWS

**DO YOUR PARENTS APPROVE OF
YOUR PARTNER? IF NOT, HOW DO
YOU THINK IT WILL AFFECT
YOUR MARRIAGE?**

• • • •

**WILL YOU OR YOUR PARTNER LOOK
FOR WAYS TO CHANGE THIS
DISAPPROVAL?**

• • • •

**DOES EITHER OF YOUR PARENTS
HAVE A STRONG OPINION ON
HOW YOU SHOULD LIVE YOUR
MARRIED LIFE?**

• • • •

**WILL YOU FINANCIALLY
SUPPORT YOUR PARENTS IF
THEY BECOME UNABLE TO
SUPPORT THEMSELVES?**

• • • •

**WOULD YOU AGREE TO HAVE AN
AGED PARENT MOVE IN WITH
YOU?**

• • • •

**WHAT DO YOU WISH YOU COULD SAY
TO YOUR MOTHER AND FATHER THAT
YOU'VE NEVER SAID TO THEM?**

• • • •

**WHAT WILL YOUR RELATIONSHIP
BE LIKE WITH YOUR PARENTS,
SIBLINGS, AND FRIENDS AFTER
YOU MARRY?**

• • • •

**DO YOU FEEL YOUR IN-LAWS
APPROVE OF YOU AS A
PARTNER? IF THEY DON'T, HOW
DOES THAT MAKE YOU FEEL?**

• • • •

**HOW DO YOU FEEL ABOUT
FINANCIALLY SUPPORTING YOUR
IN-LAWS IF THEY BECOME
UNABLE TO SUPPORT
THEMSELVES?**

• • • •

**HOW IMPORTANT IS IT TO PLEASE
YOUR IN-LAWS?**

• • • •

**HOW DO YOU FEEL ABOUT
SPENDING HOLIDAYS WITH YOUR
IN-LAWS INSTEAD OF YOUR
PARENTS?**

• • • •

**IF YOU COULD TALK WITH YOUR
PIN-LAWS, WHAT WOULD THEY
SAY YOU NEEDED TO KNOW
ABOUT YOUR PARTNER?**

• • • •

PETS

**DID YOU HAVE PETS GROWING
UP?**

....

**HAVE YOU EVER HAD AN
UNPLEASANT EXPERIENCE WITH AN
ANIMAL?**

....

**ARE YOU CONSIDERING GETTING
PETS AFTER YOU'VE MARRIED? IF
SO, WHAT KIND AND HOW MANY?**

....

**ARE THERE ANY KINDS OF PETS
THAT YOU REFUSE TO HAVE?**

....

IF YOU ALREADY HAVE A PET TOGETHER:

**HOW HAS HAVING A PET
BROUGHT US CLOSER AS A
COUPLE?**

• • • •

IF YOU ALREADY HAVE A PET TOGETHER:

**SHARE A FUNNY STORY ABOUT OUR
PET THAT ALWAYS MAKES US
LAUGH.**

• • • •

IF YOU ALREADY HAVE A PET TOGETHER:

**DOES OUR PET HAVE A UNIQUE
PERSONALITY TRAIT THAT
REMINDS YOU OF ONE
ANOTHER?**

• • • •

IF YOU ALREADY HAVE A PET TOGETHER:

**DESCRIBE A MOMENT WHEN YOU
NEEDED COMFORT FROM OUR
PET. HOW DID OUR PET HELP?**

• • • •

EXES AND PAST RELATIONSHIPS

**DO YOU FEEL THAT YOU'VE HAD
CLOSURE WITH YOUR FORMER
PARTNER?**

• • • •

**DO YOU FEEL THREATENED BY YOUR
PARTNER'S FORMER PARTNER?**

• • • •

WHAT WAS YOUR WORST DATE?

• • • •

**WHAT WAS YOUR MOST
ROMANTIC DATE?**

• • • •

**WHAT'S THE LONGEST YOU'VE
BEEN IN A RELATIONSHIP?**

....

**WHAT WAS YOUR FIRST HEARTBREAK
LIKE?**

....

**WHAT WAS THE MOST VALUABLE
LESSON YOU'VE LEARNED FROM
YOUR WORST BREAKUP?**

....

**WHAT'S SOMETHING YOU USED
TO BELIEVE ABOUT
RELATIONSHIPS, THAT YOU NO
LONGER DO?**

....

**HAVE YOU EVER BEEN CHEATED
ON?**

• • • •

**HAVE YOU EVER CHEATED ON
SOMEONE?**

• • • •

**WHAT HAVE YOU LEARNED FROM
YOUR PAST RELATIONSHIPS
THAT WILL MAKE YOU A BETTER
PARTNER NOW?**

• • • •

RELATING TO OTHERS

**HOW WELL DO YOU GET ALONG
WITH YOUR COWORKERS?**

• • • •

**HOW WELL HAVE YOU GOTTEN
ALONG WITH PAST AND PRESENT
BOSSES?**

• • • •

**HAVE YOU EVER BEEN FIRED? IF
SO, WHAT WERE THE
CIRCUMSTANCES?**

• • • •

**DO YOU OFFER TO HELP
COWORKERS, EVEN IF IT'S NOT
PART OF YOUR JOB
DESCRIPTION?**

• • • •

**DO YOU BECOME IMPATIENT
WHEN YOU'RE NOT ATTENDED
TO RIGHT AWAY IN A
RESTAURANT OR WHEN YOU
HAVE TO WAIT?**

• • • •

**HOW DO YOU REACT WHEN YOU
RECEIVE POOR SERVICE AT A
RESTAURANT OR OTHER BUSINESS?**

• • • •

**WHAT KINDS OF BEHAVIORS DO
YOU THINK ARE UNACCEPTABLE
IN PUBLIC?**

• • • •

**DO YOU AVOID SOCIALIZING WITH
PEOPLE OF A DIFFERENT RACE
OR CULTURE? IF SO, WHY?**

• • • •

**DO YOU BELIEVE THAT SOME
RACIAL OR CULTURAL
STEREOTYPES ARE TRUE?**

• • • •

**HAVE YOU EVER BEEN THE VICTIM OF
RACISM?**

• • • •

CHILDREN

**DO YOU WANT TO HAVE
CHILDREN? IF SO, HOW MANY
CHILDREN DO YOU PLAN ON
HAVING?**

• • • •

**WHEN DO YOU PLAN TO HAVE
CHILDREN?**

• • • •

**HOW MANY YEARS WOULD YOU
LIKE BETWEEN THE BIRTHS OF
EACH CHILD?**

• • • •

**HOW IMPORTANT IS IT THAT YOU
HAVE AT LEAST ONE BOY OR ONE
GIRL? WOULD YOU CONTINUE TO
HAVE CHILDREN UNTIL YOU HAD AT
LEAST ONE BOY OR ONE GIRL?**

• • • •

IF YOU FOUND OUT THAT YOU AND YOUR
PARTNER COULD NOT CONCEIVE, WOULD
YOU (A) USE FERTILITY TREATMENTS, (B)
USE A SPERM OR EGG DONOR, (C)
BECOME FOSTER PARENTS, (D) ADOPT,
OR (E) REMAIN CHILDLESS?

• • • •

IF YOU'VE BOTH DECIDED NOT TO
HAVE CHILDREN, ARE YOU SURE
NEITHER OF YOU WILL CHANGE
THEIR MIND?

• • • •

HOW WILL YOU DEAL WITH AN
UNPLANNED OR UNWANTED
PREGNANCY?

• • • •

IF YOUR UNBORN CHILD WERE
DIAGNOSED WITH A LIFE-
THREATENING DISEASE, OR A
SERIOUS DEFORMITY, WOULD YOU
CONTINUE WITH THE PREGNANCY?

• • • •

**WHAT WORRIES DO YOU HAVE
AROUND HAVING CHILDREN?**

• • • •

**DO YOU PLAN ON SAVING MONEY
FOR YOUR CHILDREN'S EDUCATION?
IF NOT, HOW DO YOU PLAN TO PAY
FOR THEIR EDUCATION?**

• • • •

PERSONAL PROFILE

WHAT DRIVES YOU CRAZY?

• • • •

**ARE YOU SERIOUS-MINDED OR A
JOKESTER?**

• • • •

**ARE YOU MORE LIKELY TO AVOID
CONFLICT OR ENGAGE IN IT?
WHY?**

• • • •

ARE YOU A LEADER OR A FOLLOWER?

• • • •

**WHO ARE THE PEOPLE IN YOUR LIFE
THAT HAVE INFLUENCED YOU THE
MOST AND IN WHAT WAY?**

• • • •

**WOULD YOU DESCRIBE YOURSELF AS
MORE OF A FEELER OR A THINKER?**

• • • •

**ARE YOU A HIGH-MAINTENANCE
PERSON? EXPLAIN.**

• • • •

**WOULD YOU DESCRIBE YOURSELF AS
MORE LAID BACK OR MORE INTENSE?**

• • • •

**HOW DO YOU TYPICALLY REACT IN A
PRESSURE-FILLED CRISIS?**

....

**WHAT'S SOMETHING ABOUT
YOURSELF THAT YOU HOPE WILL
CHANGE, BUT THAT PROBABLY
NEVER WILL?**

....

**WHAT DO YOU THINK ABOUT
MORE THAN ANYTHING ELSE?**

....

**WHAT BIG CHALLENGE HAVE YOU
TAKEN ON RECENTLY?**

....

WHAT BORES YOU?

....

**WHAT BAD HABIT DO YOU WISH YOU
COULD BREAK?**

....

WHAT ALLERGIES DO YOU HAVE?

....

**AT WHAT TIME OF THE DAY DO YOU
FEEL YOUR BEST?**

....

**WHAT FEAR WOULD YOU LIKE TO
OVERCOME?**

....

**WHAT DO YOU BELIEVE IS YOUR
BEST QUALITY?**

....

**IS IT MORE IMPORTANT TO YOU
TO LOOK GOOD OR FEEL GOOD?**

....

WHAT'S YOUR IDEA OF A GOOD TIME?

....

**IN WHAT SITUATIONS ARE YOU MOST
UNCOMFORTABLE?**

• • • •

**WHAT DO YOU DO WHEN YOU WANT
TO RELAX?**

• • • •

**IF YOU COULD ELIMINATE ONE
WEAKNESS OR LIMITATION IN
YOUR LIFE, WHAT WOULD IT BE?**

• • • •

**IF YOU COULD DO SOMETHING VERY
DARING WITHOUT FEAR, WHAT
WOULD YOU DO?**

• • • •

**WHAT'S ONE REGRET YOU LIVE
WITH?**

• • • •

**WHAT'S YOUR MOST EMBARRASSING
MOMENT?**

• • • •

**WHEN WAS THE LAST TIME YOU
CRIED? WHY?**

• • • •

**WHAT DO YOU NEED TO FEEL
SECURE?**

• • • •

**HOW AFRAID OF DYING ARE YOU?
EXPLAIN.**

• • • •

**WHAT DO YOU THINK IS YOUR
PURPOSE IN LIFE?**

• • • •

**WHAT'S SOMETHING ABOUT YOU
THAT NO ONE KNOWS?**

• • • •

**HOW DOES YOUR LIFE COMPARE TO
HOW YOU IMAGINED IT GROWING UP?**

• • • •

**WHAT PERSONALITY TRAITS TICK
YOU OFF IN A PERSON?**

• • • •

**WHAT SUPERPOWER DO YOU WISH
YOU COULD HAVE?**

• • • •

**WHAT DO YOU CONSIDER YOUR
GREATEST SUCCESS?**

• • • •

**WHAT BRINGS YOU THE GREATEST
SATISFACTION IN LIFE?**

• • • •

WHO IS YOUR INSPIRATION?

• • • •

**WHAT IS YOUR GREATEST FEAR OR
CONCERN ABOUT GETTING MARRIED?**

• • • •

**WHAT ARE YOUR BELIEFS ABOUT
PORNOGRAPHY? TO WHAT
DEGREE IS OR HAS THIS EVER
BEEN A PART OF YOUR LIFE?**

• • • •

**WHAT ARE FIVE HABITS YOU'RE
HAPPY YOU HAVE AND FIVE YOU
WISH YOU DIDN'T?**

• • • •

VIEWPOINTS

**WHAT DOES “SUCCESS” MEAN TO
YOU?**

• • • •

**WHAT DOES “BEAUTY” MEAN TO
YOU?**

• • • •

**WHAT DOES “TRUE LOVE” MEAN
TO YOU?**

• • • •

**WHAT DO YOU THINK IS NEEDED TO
MAKE THE WORLD A BETTER PLACE?**

• • • •

**WHAT DO YOU THINK IS THE KEY TO
A HAPPY MARRIAGE?**

....

WHAT MAKES A TRUE FRIENDSHIP?

....

**WHY DO YOU THINK BAD THINGS
HAPPEN TO GOOD PEOPLE?**

....

**DO YOU THINK IT'S MORE
IMPORTANT TO BE SMART OR TO BE
KIND?**

....

**DO YOU BELIEVE IN "LUCK," OR DO
WE CREATE OUR OWN OUTCOMES?**

• • • •

**DO YOU BELIEVE THAT EVERYTHING
HAPPENS FOR A REASON?**

• • • •

WHAT IS THE MEANING OF LIFE?

• • • •

**WHAT'S ONE THING YOU KNOW FOR
SURE?**

• • • •

**WHEN IT COMES TO RELATIONSHIPS
AND COMPATIBILITY, DO YOU
BELIEVE THAT “OPPOSITE
ATTRACTS” OR THAT “BIRDS OF A
FEATHER FLOCK TOGETHER”?**

• • • •

**HOW WOULD YOU COMPLETE THESE
SENTENCES?**

- “IN MARRIAGE, A WIFE SHOULD...”
- “IN MARRIAGE, A HUSBAND
SHOULD...”

• • • •

**GIVEN THE NUMBER OF
DIVORCES TODAY, IF YOU WERE
TO MARRY, WHAT WOULD MAKE
YOUR MARRIAGE LAST AND NOT
END UP IN DIVORCE COURT?**

• • • •

**WHAT EVENTS OR EXPERIENCES
HAVE SHAPED YOUR PERSPECTIVE
ON LIFE?**

• • • •

DO YOU MIND?

IF YOU'RE TO MAKE A LIST OF THINGS YOU CAN'T TOLERATE, WOULD ANY OF THE FOLLOWING ITEMS MAKE IT ON YOUR LIST?

- ARRIVING LATE
- CHANNEL SURFING ON THE TV
- CLUTTER
- DINNER NOT READY WHEN YOU ARRIVE HOME FROM WORK
- DIRTY DISHES IN THE SINK OVERNIGHT
- DIRTY OR UNTRIMMED FINGERNAILS
- EATING IN A ROOM OTHER THAN THE KITCHEN OR DINING ROOM
- HAIR IN THE SINK
- HEARING OR SEEING SOMEONE CHEWING GUM
- INTERRUPTING SOMEONE TELLING A STORY
- LEAVING THE CAP OFF THE TOOTHPASTE
- LEAVING THE TOILET SEAT UP
- NAIL-BITING
- PUTTING FEET ON THE FURNITURE
- RECEIVING DRIVING INSTRUCTIONS FROM A PASSENGER
- SINGING WITH THE RADIO
- SOUND OF CRACKING KNUCKLES
- TALKING WITH A MOUTH FULL OF FOOD
- TOOTHPASTE IN THE SINK
- UNFLUSHED TOILETS
- VISIBLE DUST ON THE FURNITURE
- WET TOWELS ON THE FLOOR OR BED
- WHISTLING

• • • •

WOULD YOU RATHER

**WOULD YOU RATHER HAVE MORE
FREE TIME OR HAVE A HIGHER
SALARY?**

....

**IF YOU WERE TO GET MARRIED THIS
YEAR, WOULD YOU RATHER HAVE A
BIG WEDDING OR A SMALL
WEDDING?**

....

**WOULD YOU RATHER ASK FOR
HELP OR FIGURE IT OUT ON
YOUR OWN?**

....

**WOULD YOU RATHER BE ABLE TO
FLY OR READ MINDS?**

....

**WOULD YOU RATHER BE ABLE TO
TALK TO PLANTS OR ANIMALS?**

....

**WOULD YOU RATHER BE ABLE TO
TRAVEL BUT COULDN'T STAY
ANYWHERE LONGER THAN A WEEK
OR NEVER LEAVE YOUR HOMETOWN?**

....

**WOULD YOU RATHER BE ABLE TO
TYPE AND TEXT REALLY FAST OR
BE ABLE TO READ REALLY FAST?**

....

**WOULD YOU RATHER BE ALONE FOR
THE REST OF YOUR LIFE OR ALWAYS
BE SURROUNDED BY ANNOYING
PEOPLE?**

....

**WOULD YOU RATHER BE BEAUTIFUL
AND DUMB OR SMART AND
UNATTRACTIVE?**

• • • •

**WOULD YOU RATHER BE FORCED TO
EAT ONLY SPICY FOOD OR ONLY
BLAND FOOD?**

• • • •

**WOULD YOU RATHER BE KNOWN
FOR BEING FUNNY, OR FOR
BEING KIND?**

• • • •

**WOULD YOU RATHER BE REALLY
FUNNY OR REALLY SMART?**

• • • •

**WOULD YOU RATHER BE RICH OR
FAMOUS?**

....

**WOULD YOU RATHER BE THE FUNNY
ONE, OR HAVE YOUR PARTNER BE
THE FUNNY ONE?**

....

**WOULD YOU RATHER COOK OR
WASH THE DISHES?**

....

**WOULD YOU RATHER DIE BEFORE OR
AFTER YOUR PARTNER?**

....

**WOULD YOU RATHER DIE IN 10 YEARS
WITH NO REGRETS OR LIVE FOR 30
YEARS WITH LOTS OF REGRETS?**

....

**WOULD YOU RATHER EXPERIENCE
PHYSICAL PAIN OR EMOTIONAL PAIN?**

....

**WOULD YOU RATHER FLY FIRST
CLASS OR STAY AT A LUXURY
HOTEL?**

....

**WOULD YOU RATHER GET UP EARLY
OR STAY UP LATE?**

....

**WOULD YOU RATHER GIVE UP SOCIAL
MEDIA OR BE AN INFLUENCER?**

• • • •

**WOULD YOU RATHER GO FOR A LONG
WALK ON THE BEACH OR A
ROMANTIC DRIVE THROUGH THE
COUNTRY?**

• • • •

**WOULD YOU RATHER GO OUT
ONCE A WEEK, OR GO ON A DATE
EVERY NIGHT?**

• • • •

**WOULD YOU RATHER GO TO BRUNCH
OR HAVE BREAKFAST IN BED?**

• • • •

**WOULD YOU RATHER GO TO JAIL FOR
A CRIME YOU DIDN'T COMMIT, OR
GET AWAY WITH A CRIME BUT BE
PARANOID ABOUT BEING CAUGHT
FOR YOUR ENTIRE LIFE?**

• • • •

**WOULD YOU RATHER GO TO JAIL FOR
A YEAR OR LOSE A YEAR OF YOUR
LIFE?**

• • • •

**WOULD YOU RATHER HANG OUT
WITH OLDER PEOPLE OR WITH
YOUNGER PEOPLE?**

• • • •

**WOULD YOU RATHER HAVE A
PARTNER WITH SHORT HAIR OR
LONG HAIR?**

• • • •

**WOULD YOU RATHER HAVE A PET
DOG OR A PET CAT?**

• • • •

**WOULD YOU RATHER HAVE MORE
TIME OR MORE MONEY?**

• • • •

**WOULD YOU RATHER HAVE POOR
SHORT-TERM MEMORY OR POOR
LONG-TERM MEMORY?**

• • • •

**WOULD YOU RATHER HAVE
UNLIMITED FREE FLIGHTS OR
UNLIMITED FREE FOOD AT
RESTAURANTS?**

• • • •

**WOULD YOU RATHER HAVE YOUR
MIND STAY YOUNG AND SHARP, OR
YOUR BODY LOOK YOUNG?**

....

**WOULD YOU RATHER KNOW HOW
YOU DIE OR WHEN YOU DIE?**

....

**WOULD YOU RATHER LIVE IN A
BIG CITY OR A SMALL TOWN?**

....

**WOULD YOU RATHER LIVE
SOMEWHERE VERY COLD, OR LIVE
SOMEWHERE VERY HOT?**

....

**WOULD YOU RATHER LIVE TO BE 100
YEARS OLD OR LIVE TO AN AVERAGE
AGE BUT LIVE RICH?**

• • • •

**WOULD YOU RATHER LIVE WITHOUT
THE INTERNET OR LIVE WITHOUT AC
AND HEATING?**

• • • •

**WOULD YOU RATHER LOSE ALL OF
THE MONEY YOU EARNED THIS
YEAR OR LOSE ALL OF THE
MEMORIES YOU MADE THIS YEAR?**

• • • •

**WOULD YOU RATHER NEVER BE ABLE
TO EAT MEAT OR NEVER BE ABLE TO
EAT DESSERT?**

• • • •

**WOULD YOU RATHER NEVER HEAR
MUSIC AGAIN OR NEVER WATCH A
MOVIE AGAIN?**

• • • •

**WOULD YOU RATHER NEVER USE
SOCIAL MEDIA AGAIN OR NEVER
WATCH A TV SHOW?**

• • • •

**WOULD YOU RATHER ONLY BE
ABLE TO GO OUT DURING THE DAY,
OR ONLY BE ABLE TO GO OUT AT
NIGHT?**

• • • •

**WOULD YOU RATHER PAY FOR
SOMEONE'S MEAL OR HAVE
SOMEONE PAY FOR YOURS?**

• • • •

**WOULD YOU RATHER READ A BOOK
OR WATCH A MOVIE?**

• • • •

**WOULD YOU RATHER SPEND A YEAR
LIVING IN AN RV OR ON A
SAILBOAT?**

• • • •

**WOULD YOU RATHER TAKE A
RELAXING BATH, OR ENJOY A
STEAM SHOWER?**

• • • •

**WOULD YOU RATHER TALK ON THE
PHONE OR TEXT?**

• • • •

**WOULD YOU RATHER YOUR
PARTNER'S PARENTS DISLIKE YOU,
OR YOUR PARTNER'S FRIENDS
DISLIKE YOU?**

• • • •

**WOULD YOU RATHER ALWAYS BE 10
MINUTES LATE OR ALWAYS BE 20
MINUTES EARLY?**

• • • •

CAREERS

DO YOU ENJOY YOUR JOB?

....

**ARE YOU PROUD OF WHAT YOU DO
FOR A LIVING?**

....

**ARE YOU PROUD OF WHAT YOUR
PARTNER DOES FOR A LIVING?**

....

**WHAT ARE THE VARIOUS JOBS
YOU'VE HELD? WHAT DID YOU LIKE
AND DISLIKE ABOUT EACH ONE?**

....

**DO YOU FEEL YOU HAVE A “JOB,”
OR A “CAREER”?**

....

**WOULD YOU STAY AT A JOB YOU
DISLIKED JUST FOR THE BENEFITS?**

....

**WOULD YOU WORK OVERTIME OR
WEEKENDS FOR NO ADDITIONAL
PAY?**

....

WHAT IS YOUR IDEAL JOB?

....

**DO YOU PLAN ON CHANGING
CAREERS? IF SO, WHAT'S YOUR
PLAN?**

• • • •

**HOW SECURE DO YOU FEEL IN
YOUR JOB?**

• • • •

**WOULD YOU ACCEPT A JOB THAT
PAYS VERY WELL BUT WILL KEEP
YOU AWAY FROM YOUR FAMILY ON
EVENINGS AND WEEKENDS?**

• • • •

FINANCES

**WHAT WAS YOUR FAMILY'S
ECONOMIC LEVEL LIKE WHEN YOU
WERE GROWING UP? IN WHAT WAY
DO YOU SEE THIS AFFECTING YOUR
LIFE TODAY?**

• • • •

**TO WHAT DEGREE ARE YOU A SAVER
OR A SPENDER?**

• • • •

**WHAT MOTIVATES YOU TO SAVE
MONEY?**

• • • •

**DOES SAVING MONEY MAKE YOU
FEEL DEPRIVED?**

• • • •

ARE YOU SAVING FOR RETIREMENT?

....

**HOW FAMILIAR ARE YOU WITH
FINANCIAL INVESTMENTS SUCH AS
STOCKS, BONDS, 401(K)S, AND
IRAS?**

....

**DO YOU USE CREDIT CARDS FOR
LARGE PURCHASES SUCH AS
FURNITURE, APPLIANCES, AND
VACATIONS, OR DO YOU PLAN AND
SAVE MONEY FOR THEM?**

....

**DO YOU OFTEN GET BUYER'S
REMORSE OR FEEL THAT YOU'VE
PAID TOO MUCH FOR AN ITEM?**

....

**DO YOU PURCHASE CLOTHES OR
OTHER ITEMS THAT YOU NEVER
END UP USING?**

...

**WHAT DO YOU THINK ABOUT
PRENUPTIAL AGREEMENTS?**

...

DAILY ROUTINE

**ARE YOU A MORNING PERSON OR A
NIGHT PERSON?**

• • • •

**DO YOU KEEP A DAILY ROUTINE? IF
SO, WHAT IS IT?**

• • • •

**HOW WILL YOUR DAILY ROUTINE
CHANGE AFTER GETTING MARRIED?**

• • • •

**WHAT PART OF YOUR DAILY
ROUTINE DO YOU REFUSE TO
CHANGE AFTER MARRIAGE?**

• • • •

**HOW DO YOU UNWIND AFTER A
LONG DAY AT WORK?**

• • • •

**WHAT WOULD YOU DO TO MAINTAIN
A HEALTHY “INTERDEPENDENCE”
AFTER MARRIAGE?**

• • • •

**HOW MUCH DO YOU VALUE
SPENDING “ALONE TIME”?**

• • • •

**WHAT WOULD BE THE HARDEST
ADJUSTMENT A PERSON WOULD
HAVE TO MAKE IN ORDER TO LIVE
WITH YOU?**

• • • •

LEISURE TIME

**DO YOU LIKE PLANNING YOUR
VACATIONS MONTHS OR JUST A
FEW WEEKS AHEAD OF TIME?**

....

**DO YOU CREATE A BUDGET FOR
YOUR VACATIONS? IF SO, DO YOU
USUALLY STICK TO THE BUDGET?**

....

**DO YOU PREFER TO TRAVEL ON
YOUR OWN, OR ON A GUIDED TOUR
WITH OTHERS?**

....

**ARE YOU A LIGHT OR A HEAVY
PACKER?**

....

**DO YOU PREFER TO TAKE FEWER
BUT LONGER VACATIONS OR
SHORTER BUT MORE FREQUENT
ONES?**

• • • •

**DO YOU ENJOY LONG TRIPS BY
CAR?**

• • • •

**HAVE YOU EVER HAD AN
UNPLEASANT VACATION
EXPERIENCE? IF SO, DESCRIBE.**

• • • •

EMOTIONAL INTIMACY

**HOW DO YOU EXPRESS YOUR LOVE
FOR YOUR PARTNER?**

....

**HOW WOULD YOU LIKE YOUR
PARTNER TO EXPRESS HIS OR HER
LOVE FOR YOU?**

....

**WHAT MAKES YOU FEEL HURT OR
REJECTED BY YOUR PARTNER?**

....

**WHAT ACTIONS MAKE YOU FEEL
EMOTIONALLY CLOSER TO YOUR
PARTNER?**

....

**WHAT TYPE OF EMOTIONAL
SUPPORT WOULD YOU LIKE TO GET
MORE OF FROM YOUR PARTNER?**

....

**DO YOU FEEL COMFORTABLE
EXPRESSING YOUR FEELINGS TO
YOUR PARTNER?**

....

**DO YOU BELIEVE EXPRESSING
EMOTIONS MAKES YOU APPEAR
WEAK?**

....

**HOW DO YOU FEEL WHEN YOUR
PARTNER CORRECTS YOU OR
POINTS OUT SOMETHING YOU'VE
DONE WRONG?**

....

WHEN DO YOU LIKE TO BE ALONE?

....

**DO YOU FEEL SECURE IN YOUR
PARTNER'S LOVE WHEN YOU'RE
SEPARATED BY DISTANCE?**

....

**WHEN DO YOU FEEL MOST
VULNERABLE?**

....

**IF SOMETHING BOTHERED YOU
ABOUT YOUR PARTNER, HOW
WOULD YOU GO ABOUT
EXPRESSING IT TO THEM?**

....

**WHAT MAKES IT EASY FOR YOU TO
OPEN UP AND BE VULNERABLE, AND
WHAT MAKES IT DIFFICULT?**

• • • •

**WHAT IS THERE ABOUT YOUR
PARTNER'S LIFE AND/OR
PERSONALITY THAT CONCERNS YOU
AT THIS TIME?**

• • • •

**WHAT'S YOUR DEFINITION OF
ROMANCE?**

• • • •

**HOW WOULD YOU KEEP ROMANCE
ALIVE IF YOU WERE TO MARRY?**

• • • •

**HOW DO YOU KNOW YOU'RE IN LOVE
WITH YOUR PARTNER?**

....

**WHAT'S YOUR FAVORITE THING
ABOUT OUR RELATIONSHIP?**

....

**WHAT'S SOMETHING YOU WISH WE
DID TOGETHER MORE OFTEN?**

....

**WHAT CHANGED IN YOUR LIFE
SINCE YOU MET YOUR PARTNER?**

....

**WHAT ARE THE QUESTIONS ABOUT
YOUR PARTNER YOU'VE ALWAYS
WANTED TO ASK BUT NEVER HAVE?**

• • • •

**WHAT IS YOUR DREAM OR FANTASY
OF A "PERFECT MARRIAGE"?**

• • • •

PHYSICAL INTIMACY

**IF THIS IS YOUR FIRST SEXUAL
EXPERIENCE, WHAT ARE YOUR
EXPECTATIONS?**

....

**HOW OFTEN DO YOU EXPECT TO
ENGAGE IN SEXUAL ACTIVITY?**

....

**HOW LONG DO YOU BELIEVE YOUR
LOVEMAKING SHOULD LAST?**

....

**WHEN AND WHERE DO YOU PREFER
TO MAKE LOVE?**

....

**WHAT ARE YOUR SEXUAL
FANTASIES?**

....

**WHAT'S SOMETHING NOT
OBVIOUSLY SEXUAL THAT TURNS
YOU ON?**

....

**WHAT THINGS TURN YOU OFF
SEXUALLY?**

....

**WHAT PLACES OR SITUATIONS GET
YOU IN THE MOOD?**

....

**DO YOU HARBOR ANY SEXUAL
FEARS?**

• • • •

**WHAT DO YOU THINK OF
MASTURBATION?**

• • • •

**WHAT DO YOU THINK OF THE USE
OF SEXUAL GAMES, TOYS, OR
“DIRTY TALK,” TO ENHANCE
PHYSICAL INTIMACY?**

• • • •

**HOW WOULD YOU FEEL IF YOUR
PARTNER TURNED DOWN YOUR
REQUEST FOR SEX? HOW WOULD
YOU RESPOND?**

• • • •

**ARE THERE ANY ACTIONS THAT YOU
PERCEIVE AS BEING PERVERTED OR
SEXUALLY DEVIANT?**

....

**HOW DO YOU FEEL ABOUT
DISPLAYS OF AFFECTION IN
PUBLIC?**

....

**WHAT IS YOUR FAVORITE PART OF
YOUR BODY?**

....

**WHAT IS YOUR FAVORITE PART OF
YOUR PARTNER'S BODY?**

....

POLITICS

**WHAT'S YOUR POLITICAL
AFFILIATION?**

....

**DO YOU BELIEVE COUPLES SHOULD
SHARE THE SAME POLITICAL
AFFILIATION?**

....

**IF YOU BECAME A POLITICAL
ACTIVIST, WHICH ORGANIZATION
OR CAUSES WOULD YOU
SUPPORT?**

....

**HAVE YOU EVER PARTICIPATED IN A
DEMONSTRATION? IF SO, DESCRIBE
WHAT CAUSE DID YOU SUPPORT.**

....

**WHAT LAWS OR POLICIES DO YOU
BELIEVE WOULD MAKE THE WORLD
A BETTER PLACE?**

• • • •

**HOW IMPORTANT DO YOU BELIEVE
IT IS TO GET INVOLVED IN YOUR
COMMUNITY?**

• • • •

RELIGION AND SPIRITUALITY

**HOW IMPORTANT IS RELIGION TO
YOUR OWN LIFE? WILL RELIGION
ONLY PLAY A PART IN YOUR LIFE
DURING HOLIDAYS OR SPECIAL
OCCASIONS?**

• • • •

**WHAT ARE YOUR OWN FEELINGS
ABOUT RELIGION IN GENERAL?**

• • • •

**DO YOU WANT YOUR WEDDING TO
BE A RELIGIOUS CEREMONY?**

• • • •

**DO YOU AND YOUR PARTNER HAVE
DIFFERENT RELIGIONS? IF SO,
WHAT, IF ANY, CONFLICTS COULD
ARISE?**

• • • •

**HOW WOULD YOU REACT IF YOUR
PARTNER CHANGED RELIGIOUS
CONVICTIONS AFTER YOUR
MARRIAGE?**

• • • •

**DO YOU BELIEVE RELIGION'S ROLE
IS A SOURCE OF COMFORT OR
STRESS?**

• • • •

**DO YOU HAVE A STRONG BELIEF IN
ASTROLOGY?**

• • • •

**DO YOU THINK RELIGION IS AN
EMOTIONAL CRUTCH FOR SOME
PEOPLE?**

• • • •

**HOW STRONGLY DO YOU BELIEVE IN
FATE AND DESTINY?**

....

**DO YOU BELIEVE GOD HAS A PLAN
FOR YOU TO FOLLOW? IF SO, WHAT
IS IT?**

....

**DESCRIBE YOUR SPIRITUAL
JOURNEY OVER THE PAST FIVE
YEARS, INCLUDING HIGH AND LOW
POINTS.**

....

**WHAT DO YOU THINK ARE GOD'S
PURPOSES FOR MARRIAGE?**

....

YOUR WEDDING

**WHAT ARE YOUR FEELINGS ABOUT
GETTING MARRIED? ARE YOU
EXCITED OR ARE YOU TRYING NOT
TO THINK ABOUT IT?**

....

**DO YOU WANT TO GET MARRIED
BEFORE YOU REACH A CERTAIN
AGE?**

....

**DO YOU FEEL UNCOMFORTABLE
MAKING ANY WEDDING PLANS?**

....

**ARE YOU GETTING MARRIED
BECAUSE YOU WANT TO, OR
BECAUSE YOU THINK YOU
SHOULD?**

....

**DO YOU WORRIED THAT GETTING
MARRIED WOULD MAKE YOU LOSE
YOUR FREEDOM OR IDENTITY?**

....

**HOW DO YOU FEEL ABOUT
COMMITMENT?**

....

**ARE YOU PLANNING ON TAKING A
MARRIAGE PREPARATION COURSE
OR SEEKING PREMARITAL
COUNSELING?**

....

**HOW MUCH MONEY WOULD YOU
LIKE TO SPEND ON YOUR
WEDDING?**

....

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 2, 5, 34. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Use 200 Thought-Provoking Questions for Couples · Clinical Cards.pdf material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

Document-specific corrections

- Keep 200 Thought-Provoking Questions for Couples explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [2]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Replace crisis wording on pages [2, 34] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [2] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use 200 Thought-Provoking Questions for Couples activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

Crisis and current resources

- For 200 Thought-Provoking Questions for Couples, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>

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- <https://988lifeline.org/>