



CINDY AUSTIN, MS, LPC
 4500 Alamosa Drive
 Austin, Texas, 78759

(512) 422-1712
 cindy@austinempowered.com
 AustinEmpowered.com

Couple Counseling Snapshot

Please fill in the blank next to each statement with the number that best reflects your relationship status overall.

	Not at All		On Occasion			Absolutely	
	1	2	3	4	5	6	7
North							
I am my partner's #1 priority	_____						
My partner is my #1 priority	_____						
We share the same vision for what our relationship should be	_____						
We tell the truth and trust each other	_____						
East							
We listen well	_____						
We argue well	_____						
We do repair after conflict well	_____						
I feel comfortable saying "no" to my partner	_____						
I feel comfortable saying "yes" to my partner	_____						
My partner knows how to make me feel loved	_____						
I know how to make my partner feel loved	_____						
South							
I understand our financial situation	_____						
I am satisfied with how we save and spend our money	_____						
I like how we are investing in our respective careers	_____						
I like how we handle celebrations, holidays and vacations	_____						
I am satisfied with how we share our religious/spiritual practices	_____						
West							
I like how we handle time apart	_____						
We support each other's separate interests	_____						
I like how we handle time together	_____						
We agree on parenting philosophy and principles	_____						
We share the division of labor in our home and in our lives well	_____						
Our sex life is satisfying to me	_____						
I feel safe revealing my mistakes, fears, and dreams with my partner	_____						