

How do we feel about our relationship?

Complete the questionnaire honestly

QUESTION	YES	NO	NOT SURE
Things used to be better than they are now between me and my co-parent or partner			
We argue more than we used to			
The children we are responsible for are happy			
I think our arguments affect our children			
Sometimes I feel guilty about the happiness of the children because of tension or arguments between the adults around them (including extended family)			
With the right support I think we should be able to work out our co-parenting or couple difficulties			
I am aware why we argue and what it is about			
I want to understand why we argue and how to make it better			
The arguments between us are loud			
We are both as bad as each other			