

Couple ID: _____

Male Female

Session # _____

Date: _____

The HOPE weekly couples assessment

MAKE an X on the line indicating how you feel about each of these areas of your relationship and counseling THIS WEEK.

**None
Couldn't
be worse**

**100%
Couldn't be
better**

Love. How much do you feel like you were valuing each other, and not devaluing each other this week?

Hope. How much do you feel like you have hope that things are going to change in your relationship for the better?

Working Alliance. This week, how much do you feel like you and the counselor are working well together for your relationship goals?

Partner Alliance. This week, how much do you feel like you and your partner are working well together for your relationship goals?

Work. This week, how much time and effort did you put into improving your relationship (doing homework, doing something positive/healthy)?

How much progress have you made in reaching this goal since counseling started?

Goal #1

Goal #2

Goal #3

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Measures of **Love + Hope + Work** from the Weekly Tracking Assessment.

To do this measure you take a ruler and measure the length of the line indicated for each partner for just the LOVE, HOPE and WORK indicators. Lines should be about 10 centimeter each. Write in the number next to the line and then add up the total of the 3 items. Then create a graphic of each partners change weekly. This can be used to give feedback to the couple mid-treatment and end of treatment to confirm if the graphic reflects their experience and discuss progress.

Week	1	2	3	4	5	6	7	8	9	10
Female										
Male										

Tracking Graphic

