

**ACT for Today**  
**Affiliation of Catholic Therapists**

Paul C. Seishas, Ed.D.

MFT #25829

[www.paulseishas.com](http://www.paulseishas.com)

[paul.seishas@gmail.com](mailto:paul.seishas@gmail.com)

916-616-1800

**Couple's Social History**

**Family History/Growing Up**

- What is your date of birth, and where?
- Describe where you were reared, including the moves your family experienced until high school (and the reason for the moves)?
- When you were born, how long had your parents been married (and if not married, describe their relationship); where are you in the birth order?
- Describe your family: what were the occupations of your parents, and describe the *roles* each occupied as you were reared? Furthermore, describe your relationship with your siblings; with whom were you the closest as you grew up, and with whom are you the closest now—and if different, why and how did this change develop? If you are not close to any of your siblings, how do you understand why?
- What was the religious practice, if any, in your family as you grew up? What was the moral foundations within the home, in other words—the prism of decision-making?
- Did the family unit, as when you were born, survive to your adulthood? If so, characterize the relationship of your parents? If not, what and how did the family unit dissemble?
- What was the most significant family disturbance, event, as you were growing up (e.g., death, abuse, job loss, etc., etc.), and describe the family adjustment to the experience?
- In summary, how are your parents (or not) role models *to you* of being a spouse, and parent?

**Personal History**

- What is your level of education, and discuss why you went to school up to that time?
- Describe your social interaction with classmates throughout grammar school, and during high school? How social, how popular, were you; what was the nature of activities in which you were involved?
- What was your experience of relating physically to another? With whom was your first kiss, and caress; how significant was the relationship? In other words, why that person? Any regrets about the choice of person, the timing in your life, the experience in general?
- Did you participate in the public social events of high school, dances, class get-togethers, friends' parties, etc.? If so, how often? If not, why not?
- What was your behavioral experience related to delinquency, whether informal (under-age drinking and drugs), truancy, etc., or more formal (criminality – shoplifting, vandalism, etc.)?
- How many relationships did you have that you would describe as being your “boyfriend,” or “girlfriend?” How and why did you move from one friend to another?
- Have you been sexual intimate with others? And what were the factors which went into the decision to separate your intimacy from marriage? Why that person, that choice of vulnerability? What impact do you see, if at all, on that choice, and the special/unique experience of being married?
- What action do you see as unique to marriage, if you have been sexual, which would confirm the uniqueness (to *you*) of being married?
- What is your occupation, your work; how and why did you decide to do the work you are doing? Do you anticipate a job change, and if so, why?
- What is the single biggest regret you have in your life?
- What was the single best memory you have (source of greatest happiness and joy) in your life to date? And why?

**Anticipations**

- At the end of your life, what do you hope you would have experienced, accomplished, hoped to have lived?
- Describe the place religion has in your life?
- What are your personal characteristics that you believe will help you to be the best spouse possible; the best parent?
- Anything you would like to share regarding being prepared for marriage?