

The Gottman Relationship CHECKUP

Created by Drs. John and Julie Gottman in Collaboration with The Gottman Institute

A new online assessment that automatically scores a couple's strengths and challenges.

This clinical tool consists of 480 questions about friendship, intimacy, how well you know your partner, how you manage emotions and conflict, how you share your values and goals, and what gives meaning to your lives. There are additional questions about parenting, housework, finances, trust, and individual areas of concern. The questionnaire is completely confidential, fully HIPAA compliant, and your therapist will be the only person to see your responses.

The Gottman Relationship Checkup is a breakthrough in couple's therapy as it allows for a confidential, efficient way for your clinician to complete the evaluation process. By using this new technology, your assessment can be done at any time and in the setting of your choice! Upon completion, it automatically provides valuable clinical information by pinpointing specific strengths and challenges in your relationship, while also suggesting actionable, research-based recommendations for therapy.

You can feel confident in your results. Drs. John and Julie Gottman created this research-based assessment in collaboration with The Gottman Institute to help couples build a personalized treatment plan with their therapist. Dr. John Gottman is a clinical psychologist who has completed more than 40 years of research on couple relationships, and is recognized as one of the top 10 most influential therapists of the last quarter century. Dr. Julie Gottman is a highly respected clinical psychologist who is sought internationally by the media and clinical organizations as an expert advisor on relationships. Together, they have dedicated their lives to helping couples, and The Gottman Relationship Checkup is the result of this life work.

How it works:

1. Accept your invitation

Your therapist will send each of you a separate email inviting you to The Gottman Relationship Checkup.

2. Create a private profile

Once you have accepted the email invitation to join The Gottman Relationship Checkup, you and your partner will each create individual, separate profiles.

3. Complete the questionnaire

You and your partner will each complete your own questionnaire at your convenience. Stop and start at any time. Neither partner will be able to access the other's information at any point in the process. In order to preserve the integrity and accuracy of the tool, you are encouraged not to share your responses with each other or log in to your partner's account. The actual time it takes to complete each assessment varies, but it will take, on average, about two hours.

4. Get your results

When you have both completed your individual questionnaires, your therapist will be notified and will be able to securely log in to review your scores and the analysis of your relationship. Your therapist will be able to discuss the results with you and suggest a treatment plan for improving and strengthening your relationship.