



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥
ਹਉ ਢਾਢੀ ਵੇਕਾਰੁ ਕਾਰੈ ਲਾਇਆ॥

ਖਾਲਸਾ ਦੀਵਾਨ ਅਫਗਾਨਿਸਤਾਨ
ਲੰਦਨ, ਯੂ. ਕੇ.
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LONDON, U.K.

Questionnaire for Compromise

Some questions from married couples before starting counseling or out-of-court compromise.
Therefore, couples should fill out this form carefully and accurately.

- 1 Name _____
- 2 DOB _____
- 3 Address _____
- 4 Main incident _____
- 5 Who is involved _____
- 6 No of children _____
- 7 How long are you married _____
- 8 Last time you feel good

- 9 Time spend together last time

- 10 Who support the family financially

- 11 What is your routine?

- 12 What is your partner routine?

- 13 What make you feel to complain?

14 Why you wait this long?

15 What is your older child opinion?

16 Have shared with someone

17 What is their opinion?

18 How do you analyse your situation?

19 Who can support you ?

20 how will you get financial support?

21 What is your hobbies?

22 How will you handle your job, children and home?

23 Who can support you with children?

24 How will you manage your children ?

25 What are your responsibilities Are you religious person

26 How often do you pray or religious activity

27 What the activities your children do like swimming basket ball

28 How often do you cook?

29 How often do you clean your home ?

30 How often do you both spend time together? Like dinner lunch or gossip together

31 If argument started who stops or ignore it

32 Who pick the point first ?

33 Who is sensitive ?

34 Who ask for help more often?

35 Who is the main caregiver to children?

36 Who support children financially?

37 What are the potential triggers?

38 What do you think is real ?

39 What is the difference between social and emotional requirements?

40 Do you aware of your rights?

41 Do you consider your responsibilities

42 What are your skills?

43 What are your qualities

44 Do you know the difference between skills and qualities

45 What is your strength?

46 What is your motivation

47 How will you get financing

48 What is your requirements on daily bases as food clothing and branded staff

49 Write all you situations

50 Write all the changes come after

51 Have you ever think as a third person

52 Consider your self as your nearer dearer and imagine your situation.

53 What is communication ?

54 What are the communication barriers ?

55 How to reduce the barriers?

56 How do you handle challenging situations ?

57 Do you show aggressiveness while working or communicating?

58 What do you want when you are stress or upset?

59 What is your next step when your anger or stress settle down ?

60 Do you consider different ways of communication example verbal or non verbal like avoid talking , not cooking food etc

61 What is the way of your partner's communication?

62 Does he avoid talking or become aggressive

63 Is he passive aggressive or active like (hitting)or avoid paying bills? (Passive)

64 What is your reaction to your partner's anger?

65 How do you deal with his anger ?

66 Are you passive or active (direct) to deal with your partner?

67 Do you become upset with your children and other family members?

68 Do you explain the situation to your mum , sister or your mother in law or father in law?

If you have already made up your mind about separation.

1 What are your expectations after separation

2 Have you considered the struggles after separation

Note:- Please note that all the proceedings of today's gathering and the names of the participating members will be kept confidential. These are community agreements that cannot be used in Court or a Tribunal.

Husband (Names in capital letters)

Wife (Name in Capital letters)

Sign _____

_____ Sign

Date _____

_____ Date

Counsiling Officers

Sardar Jagtar Singh Manchanda

Miss Popender Kaur

Attested by:

Sardar Harinder Singh Madhan

President

Dr Gulbir Singh Khuranah

General Secretary