

**Couples Counseling Initial Intake Form**

*Please note that while you will be asked to talk about your answers in sessions, your partner will not be shown this form.*

Name: \_\_\_\_\_ Date \_\_\_\_\_

Phone: \_\_\_\_\_ May I leave a message?  Yes  No

Is it acceptable to email you? If so, email address: \_\_\_\_\_

Relationship Status: (check all that apply)

- Married
- Living Together
- Divorced
- Separated
- Living apart
- Dating

What do you hope to accomplish through counseling?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What have you already done to deal with the difficulties?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are your biggest strengths as a couple?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please rate your current level of relationship happiness by marking the number that corresponds with your current feelings about the relationship.

- 1      2      3      4      5      6      7      8      9      10
- (extremely unhappy) (extremely happy)

Please make at least one suggestion as to something you could personally do to improve the relationship regardless of what your partner does:

\_\_\_\_\_  
\_\_\_\_\_

Have you received prior couples counseling related to any of the above problems?  Yes  No

If yes, With whom: \_\_\_\_\_

Where: \_\_\_\_\_ Length of treatment \_\_\_\_\_

Outcome: \_\_\_\_\_

\_\_\_\_\_

Have either you been in individual counseling before?  Yes  No

If so, give a brief summary of concerns you addressed.

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Do either you or your partner drink alcohol or take drugs to intoxication?  Yes  No

If yes for either, who, how often and what drugs or alcohol?

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Do you ever wish your partner would cut back on his/her drinking or drug use?  Yes  No  N/A

Have either you or your partner struck, physically restrained, used violence against or injured the other person?

Yes  No If yes, who, how often and what happened?

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Has either of you threatened to separate or divorce (if married) as a result of the current relationship problems?

Yes  No If yes, who?  Me  Partner  Both of us

If married, have either you or your partner consulted with a lawyer about divorce?

Yes  No If yes, who?  Me  Partner  Both of us

Do you perceive that either you or your partner has withdrawn from the relationship?

Yes  No If yes, who?  Me  Partner  Both of us

How enjoyable is your sexual relationship? (Mark one)

1 2 3 4 5 6 7 8 9 10  
(extremely unpleasant) (extremely pleasant)

How satisfied are you with the frequency of your sexual relations? (Mark one)

1 2 3 4 5 6 7 8 9 10  
(extremely unsatisfied) (extremely satisfied)

What is your current level of stress (overall)? (Mark one)

1 2 3 4 5 6 7 8 9 10  
(no stress) (high stress)

What is your current level of stress (in the relationship)? (Mark one)

1 2 3 4 5 6 7 8 9 10  
(no stress) (high stress)

Rank the order of the top three concerns you have in your relationship with your partner (1 being the most problematic)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_