

## Couples Intake

Name:

Email:

Date:

Phone:

DOB:

As I see it, the primary reason we have sought couples therapy is \_\_\_\_\_

\_\_\_\_\_

My partner will say the primary reason we have sought couples therapy is \_\_\_\_\_

\_\_\_\_\_

My previous experience with counseling, including individual, couples or family: \_\_\_\_\_ check if NONE

\_\_\_\_\_

The main challenge with communication in our relationship is that my partner \_\_\_\_\_

and I \_\_\_\_\_

\_\_\_\_\_

I may be contributing to the problems in my relationship by \_\_\_\_\_

\_\_\_\_\_

Number of times/week we eat a meal together: \_\_\_\_\_

Approximate # of alcoholic drinks in an average week I drink: \_\_\_\_\_ My partner: \_\_\_\_\_

Highest level of education completed for me/ my partner: \_\_\_\_\_ / \_\_\_\_\_

My occupation/my partner's: \_\_\_\_\_ / \_\_\_\_\_

What do you and/or your partner consider your relationship's strengths?

\_\_\_\_\_

Where 1 means "horribly dissatisfied" and 10 means "extremely fulfilled," rate current level of satisfaction with the following, and please give a brief explanation for your rating:

1	2	3	4	5	6	7	8	9	10
Horribly				content-					Incredibly
Dissatisfied				neither satisfied nor dissatisfied					Satisfied

My physical appearance \_\_\_\_\_

My partner's physical appearance \_\_\_\_\_

The amount of time we spend together \_\_\_\_\_

Our Physical Intimacy \_\_\_\_\_

Sex \_\_\_\_\_

Parenting (if applicable) \_\_\_\_\_

Our Spiritual Life \_\_\_\_\_

Living Situation \_\_\_\_\_

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Based on the problems for which you are seeking help, how long do you expect therapy to last?

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What do you most want from your therapist?

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What would be most unhelpful to you in therapy? What doesn't work for you?

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How will you know that this therapy has served its purpose for your relationship? What will it look like, when our goal has been accomplished?

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\*When couples who are in conflict seek assistance, each partner is either coming to therapy to make improvements in the relationship OR coming to therapy to decide whether to split up. If you are among the latter, it will help to identify what will make things less bad now, if you are currently IN the relationship. Improvements can be made, regardless of the desired ultimate outcome, and it is useful for your therapist to know what your thoughts are on this at the onset of therapy, so please be ready to share on this topic.

Referral source: \_\_\_\_\_

Who raised you? \_\_\_\_\_

Where? (city, state) \_\_\_\_\_

Who else was around? (brothers/sisters/foster kids/step siblings/grandparents, etc)

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I am an (please circle)      Oldest      Youngest      Middle sibling of \_\_\_brothers and \_\_\_ sisters.

How did people in your family handle conflict, growing up?

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How were you taught right/wrong?

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What challenges were there for your family growing up? \_\_\_\_\_

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How are your expectations for your relationship different from what you saw growing up? What do you hope to do better than what you saw your parents do?

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## Couples Intake

Please list the BEST and WORST qualities of your primary caregivers ("traditionally"- mother/father):

BEST

WORST

1st primary caregiver: \_\_\_\_\_

2nd primary caregiver if applicable: \_\_\_\_\_

\*Of the above traits, please circle any that you may see in your partner. They may play out differently with him or her, but could still be called by the same name.

### *Is this worth it?*

After receiving treatment, almost 90% of clients report an improvement in their emotional health, and nearly two-thirds report an improvement in their overall physical health. A majority of clients report an improvement in their functioning at work, and over three-fourths of those receiving marital/couples or family therapy report an improvement in the couple relationship.

-American Association for Marriage and Family Therapy

### *What does research show helps?*

- starting therapy sooner
- completing more than 10-12 sessions
- terminating therapy only when problems have been solved, which may include progressing to a new therapist
- each partner continually seeking what they can improve, rather than focusing on what they'd like from their partner
- doing individual work, as this has a strong impact on the relationship

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