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COUPLES COUNSELING INTAKE FORM

Thank you for taking the time to complete this form. It will take approximately 5 minutes to respond to these prompts and questions. The information obtained here is strictly confidential and will be used to better direct and serve you during our counseling time. If there are some questions you would prefer to bring up in person, feel free to leave them blank or write "will respond later". Thank you.

GENERAL INFORMATION

NAME _____ DATE _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

PRIMARY CONTACT PHONE _____ CELL PHONE _____

WORK PHONE _____ EMAIL _____

EMERGENCY CONTACT #1 _____ PHONE _____

EMERGENCY CONTACT #2 _____ PHONE _____

FAMILY HISTORY

CURRENT RELATIONSHIP STATUS (CIRCLE ONE)

MARRIED SEPARATED DIVORCED WIDOWED SINGLE LIVING TOGETHER

LIVING APART

DID YOUR PARENTS DIVORCE WHILE YOU WERE GROWING UP? IF SO, HOW OLD WERE YOU?

NUMBER OF SIBLINGS IN YOUR FAMILY OF ORIGIN? _____

PLEASE LIST THE BIRTH ORDER OF YOUR FAMILY INCLUDING YOURSELF FROM OLDEST TO YOUNGEST, INCLUDING AGES

PLEASE WRITE ONE SENTENCE THAT SUMMARIZES YOUR RELATIONSHIP WITH

YOUR FATHER _____

YOUR MOTHER _____

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EMPLOYMENT STATUS

ARE YOU BOTH CURRENTLY EMPLOYED? EXPLAIN

OCCUPATION?

PRESENTING PROBLEM

WHAT IS THE PRIMARY REASON THAT YOU ARE HERE TODAY?

DO YOU HAVE CHILDREN? FROM PREVIOUS RELATIONSHIPS?

TOGETHER WITH YOUR CURRENT PARTNER? _____

IF SO, PLEASE LIST THEM BY THEIR FIRST NAMES AND CURRENT AGE HERE STARTING WITH YOUR OLDEST, INCLUDING AGES

WHAT IS YOUR OVERALL LEVEL OF CONCERN AT THIS POINT IN TIME? (CIRCLE ALL THAT APPLY)

LITTLE CONCERN

MODERATE CONCERN

SERIOUS CONCERN

OCCURRING RARELY

OCCURRING SOMETIMES

OCCURRING FREQUENTLY.

WHAT IS YOUR LEVEL OF RELATIONSHIP HAPPINESS? (CIRCLE ONE: 1 BEING VERY UNHAPPY AND 8 BEING VERY HAPPY)

1 2 3 4 5 6 7 8

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WHAT DO YOU HOPE TO ACCOMPLISH THROUGH COUNSELING?

DO YOU OR YOUR PARTNER DRINK ALCOHOL OR TAKE DRUGS TO INTOXICATION? IF SO, HOW OFTEN, AND WHAT DRUGS OR ALCOHOL? _____

HAVE YOU OR YOUR PARTNER EVER STRUCK, RESTRAINED OR USED VIOLENCE AGAINST ONE ANOTHER? IF SO EXPLAIN CIRCUMSTANCES _____

DIAGNOSTIC ASSESSMENT

DO YOU FEEL THAT YOU OR YOUR PARTNER HAS WITHDRAWN FROM THE RELATIONSHIP?

IF SO, WHO HAS WITHDRAWN? (CIRCLE ALL THAT APPLY)

ME MY PARTNER BOTH OF US

HOW FREQUENTLY HAVE YOU HAD SEXUAL RELATIONS DURING THE LAST MONTH?

HOW SATISFIED ARE YOU WITH THE FREQUENCY OF YOUR SEXUAL RELATIONS? (CIRCLE ONE: 1 BEING VERY UNSATISFIED AND 8 BEING VERY SATISFIED)

1 2 3 4 5 6 7 8

RANK THE TOP 3 CONCERNS IN YOUR RELATIONSHIP WITH YOUR PARTNER. (1 BEING THE MOST PROBLEMATIC)

1. _____
2. _____
3. _____

HISTORY OF PROBLEM

HOW LONG HAVE THESE RELATIONSHIP DIFFICULTIES BEEN GOING ON?

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WHAT HAVE YOU ALREADY DONE TO DEAL WITH THESE PROBLEMS?

HAVE YOU EVER RECEIVED COUPLES' COUNSELING BEFORE? IF YES TO THE ABOVE QUESTION, EXPLAIN WHEN THE TREATMENT TOOK PLACE, BY WHOM, AND YOUR OUTCOME.

HAVE YOU OR YOUR PARTNER EVER BEEN TREATED FOR INDIVIDUAL COUNSELING? IF SO, SHARE HERE.

PHYSICAL HEALTH/MEDICATIONS

DO YOU HAVE ANY MEDICAL OR SURGICAL LIMITATIONS?

DATE OF LAST PHYSICAL EXAM _____

ARE YOU CURRENTLY UNDER MEDICAL TREATMENT? IF SO, PLEASE EXPLAIN

IF YOU ARE CURRENTLY TAKING MEDICATION PLEASE IDENTIFY TYPE AND REASON FOR THE PRESCRIPTION

RELATIONSHIP/SOCIAL SUPPORT

DO YOU ENGAGE IN ANY ACTIVITIES AS A FAMILY?

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DO YOU SOCIALIZE WITH FAMILY AND FRIENDS AS A COUPLE OUTSIDE OF WORK? IF SO, PLEASE EXPLAIN

DO YOU HAVE A RELIGIOUS AFFILIATION? (DENOMINATION)

DO YOU PARTICIPATE IN ANY ACTIVITIES RELATED TO YOUR RELIGIOUS AFFILIATION?

WHAT IS YOUR CURRENT LEVEL OF STRESS OVERALL? (CIRCLE ONE: 1 BEING NO STRESS AND 8 BEING HIGH STRESS)

1 2 3 4 5 6 7 8

WHAT IS YOUR CURRENT LEVEL OF STRESS IN THE RELATIONSHIP? (CIRCLE ONE: 1 BEING NO STRESS AND 8 BEING HIGH STRESS)

1 2 3 4 5 6 7 8

ARE THE PROBLEMS IN YOUR RELATIONSHIP AFFECTING YOUR ABILITY TO FUNCTION AT WORK, AT HOME? IF SO, PLEASE EXPLAIN

CIRCLE THE NUMBERS OF ALL THE STATEMENTS THAT ARE TRUE

1. MY MOODS ARE A PROBLEM TO THE RELATIONSHIP
2. MY PARTNER'S MOODS ARE A PROBLEM TO THE RELATIONSHIP
3. MY TEMPER ADVERSELY AFFECTS OUR RELATIONSHIP
4. MY PARTNER'S TEMPER ADVERSELY AFFECTS OUR RELATIONSHIP

HAVE YOU OR YOUR PARTNER EVER HAD AN AFFAIR DURING THIS RELATIONSHIP WITH YOUR PARTNER?

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IS YOUR PARTNER CURRENTLY HAVING AN AFFAIR?

WHAT IS THE GREATEST STRENGTH YOUR PARTNER BRINGS TO THE RELATIONSHIP?

WHAT IS THE GREATEST STRENGTH YOU BRING TO THE RELATIONSHIP?

HOW COMMITTED ARE YOU TO STAYING IN THE RELATIONSHIP? PLEASE EXPLAIN

WHAT ARE YOU WANTING TO GAIN MOST FROM COUPLES COUNSELING?
