

## Couples Intake

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

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

0	1	2	3	4	5	6
Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

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 ever been to counseling as a result of problems with this relationship prior to today? \_\_\_\_\_ If so, what was the outcome of that counseling?

Has either you or your partner been in individual counseling before?  
If so, give a brief history.

Do either you or your partner drink alcohol to intoxication or take drugs to intoxication?  
If yes for either, who, how often and what drugs or alcohol?

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

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

Has either you or your partner consulted with a lawyer about divorce? \_\_\_\_\_  
If yes, who? \_\_\_\_\_

Do you perceive that either you or your partner has withdrawn from the relationship?  
If yes, which of you has withdrawn and why?

How frequently have you had sexual relations during the last month? \_\_\_\_\_ times

How enjoyable is your sexual relationship? (Circle one)

terrible	more unpleasant	not pleasant,	more pleasant	great
	than pleasant	not unpleasant	than unpleasant	

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

way too often	a bit too	about right	a bit too	way too seldom to
to suit me	often to		seldom to	suit me
	suit me		suit me	

What is your current level of stress? (Circle one)

Extremely High   Very high   High   Moderate   Low   Very Low   Extremely low

To what degree do you have family or friends that support you as a couple? (Circle one)

Extremely High   Very High   High   Moderate   Low   Very Low   Extremely Low

To what degree do the two of you share a similar basic worldview? (Circle one)

Extremely High   Very High   High   Moderate   Low   Very low   Extremely Low