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Couples Intake Questionnaire

Please fill out the following questions to the best of your ability. If you run out of space provided, feel free to use the back of the form or attach extra paper. Please answer questions in reference to where you and your partner/relationship are at now. If it feels important to include how things were 'before' as well as currently, you are welcome to include that information. These questions are for me to better understand you and your impression of your relationship, therefore if something feels important to you, include it.

1. What is the problem that led you to decide to come to therapy?

2. What was the beginning of your relationship like? How long did this phase last?

3. What was your first disillusionment (i.e. disappointment resulting from the realization/discovery that things were not as good as you first believed them to be)?

What happened and how did you resolve it?

Did this lead to any changes in your relationship?

4. When did you first become aware of significant differences between the two of you?

How are the two of you similar?

How are you different?

5. What do you do when there is conflict between you?

What does your partner do?

6. What do you do when you're angry?

What does your partner do when angry?

7. What strengths do you have that support resolving differences?

What strengths does your partner have?

8. Do you spend time alone?

Do you enjoy your free time?

Does planning how to spend it create anxiety for you?

9. Do you have separate friendships with people who are not mutual friends?

Does this create conflict in your relationship?

10. Are you comfortable doing activities away from your partner?

What do you like to do?

How comfortable are you with your partner spending time away from you?

11. On a scale of 1-10, how open are you in expressing your innermost wants, desires, and feelings to your partner? (with 1 being totally closed and 10 being totally open)_____

12. When you feel like you want support or encouragement from your partner, do you get it? How?

When your partner wants support or encouragement from you, do you feel like you give it? How?

13. Do you support your partner's development as an individual? How? (give an example)

14. Describe your sexual relationship.

What do you find most satisfying about it?

What do you find least satisfying about it?

How has your sexual relationship changed since you were first together?

15. What is one thing you wish was different about your sexual relationship?

16. When do you feel most gratified in your relationship?

17. Do the two of you have joint commitments to goals, projects, work, or social causes?

Does this add or detract from the bond between you?

If there is any further information you feel is important to include, please feel free to use the extra space to provide that information. I know this was a lot to think about and answer, but I appreciate the time and energy spent answering these questions. I feel that it can be helpful to give you the opportunity to have more time to think these over than feeling 'on the spot' when asked in person.