

**COUPLES COACHING INTAKE SUPPLEMENT**

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

Please rate your current level of happiness in your relationship by circling the number which corresponds with your current feelings about the relationship. (1 is extremely unhappy, to 7 which is perfectly happy).    1       2       3       4       5       6       7

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

1. Have you ever been to counseling or received coaching as a result of problems with this relationship prior to today? \_\_\_\_\_ If so, what was the outcome of that experience?

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2. Has either you or your partner been in individual therapy or coaching before? \_\_\_\_\_

If so, give a summary. \_\_\_\_\_

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3. 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?

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4. Have either you or your partner struck, physically restrained, used violence against or injured the other person within the last three years? \_\_\_\_\_ If yes for either, who, how often and what happened? \_\_\_\_\_

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

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

7. Do you perceive that either you or your partner has withdrawn from the marriage/relationship? \_\_\_\_\_ If yes, which of you has withdrawn? \_\_\_\_\_

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

9. How enjoyable is your sexual relationship? (Circle one)

Terrible / Not pleasant / More unpleasant than pleasant / More pleasant than unpleasant / Pleasant / Great

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

Way too often to suit me / A bit too often to suit me / About right / A bit too seldom to suit me / Way to seldom to suit me.

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

Extremely high / Very high / High / Moderate / Low / Very low / Extremely low

12. 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

13. To what degree do the two of you share a similar basic world-view? (Circle one)

Extremely high / Very high / High / Moderate / Low / Very low / Extremely low