



Indigo Insight Counselling

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CONFIDENTIAL COUPLES INTAKE FORM

Names: (1) _____ (2) _____ Ages: (1) _____ (2) _____

Relationship Status: _____ Years together: _____

Children (name, age, gender): _____

Partner		<i>Directions: Checkmark the items that apply.</i>
(1)	(2)	
		My moods (irritability, depression, anxiety, etc.) are a problem in the relationship. How?:
		My anger adversely affects our relationship.
		I have been verbally abusive to my partner.
		I have been physically abusive to my partner.
		Our fights and arguments are very destructive to our relationship.
		My use of alcohol is excessive.
		My use of prescription or illegal drugs is a problem.
		In the past, I have had an affair during our relationship (or an inappropriate outside relationship).
		I am currently having an affair (or an inappropriate outside relationship).

Partner		<i>Directions: Use this scale to answer the questions below.</i>
(1)	(2)	1 = Not at all 2 = Slightly 3 = Moderately 4 = Very 5 = Extremely
		Talking things over with my partner only seems to make it worse.
		There are specific events in our relationship which I am having trouble getting over. What?
		I feel lonely/disconnected in our relationship.
		I'm not satisfied with our sex life.
		I am committed to staying in our relationship.
		In spite of all our problems, I believe that my partner really cares about me.
		Overall how satisfied are you now with your relationship?

Please answer each question as completely and accurately as possible.

What are the things you like most about your relationship? _____

What are the things you most want to change? _____

When or how often do you argue? _____

What do you most often argue about? _____

Describe one of your typical arguments. How does it start? What usually happens when you argue?

When you do argue, does someone end up leaving? Who? How long before they come back?

How long do you stay mad at each other? _____

Who is the usually the first to attempt to make things better? How do they do this?

Do your arguments get physical? If yes, what kinds of physical aggression have occurred? (confidential)

Who initiates sex most often? How would you describe your sex life?

Thank you for taking the time to complete this questionnaire.