



Indigo Insight Counselling

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CONFIDENTIAL COUPLES INTAKE FORM

Name: _____ Age: _____ Date: _____

Relationship Status: _____ Years together: _____

Children (names, ages, gender): _____

Directions: Checkmark the items that apply.

MOODS (ex: irritability, depression, anxiety, etc.):

- My moods are a problem in the relationship. How?:
- My partner's moods are a problem in the relationship. How?:

ANGER/AGGRESSION:

- My temper adversely affects our relationship.
- I have been verbally abusive to my partner.
- I have been physically abusive to my partner.
- My partner's temper adversely affects our relationship.
- My partner has been verbally abusive to me.
- My partner has been physically abusive to me.
- Our fights and arguments are very destructive to our relationship.

ALCOHOL AND SUBSTANCE USE:

- My use of alcohol is excessive.
- My use of prescription or illegal drugs is a problem.
- My partner's use of alcohol is excessive.
- My partner's use of prescription or illegal drugs is a problem.

AFFAIRS:

- I have had an affair during our relationship (or an inappropriate outside relationship).
- I am currently having an affair (or an inappropriate outside relationship).
- My partner has had an affair during our relationship (or an inappropriate outside relationship).
- My partner is currently having an affair (or an inappropriate outside relationship).

Directions: Use this scale to answer the questions below.

1 = Not at all 2 = Slightly 3 = Moderately 4 = Very 5 = Extremely

CONFLICT:

- ___ Talking things over with my partner only seems to make them worse.
- ___ There are specific events in our relationship which I am having trouble getting over. What?

CONNECTION:

- ___ I feel lonely/disconnected in our relationship.
- ___ I'm not satisfied with our sex life.
- ___ I have often felt like leaving my partner.

COMMITMENT/SATISFACTION:

- ___ 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?

CONFIDENTIAL COUPLES QUESTIONNAIRE

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?
