

COUPLES COACHING INTAKE *form*

Name	Date of birth
Address	
Phone	Email
Tell me a little about yourself and what brought you to this experience at this moment.	

On a scale of 1 - 10, how content are you with your relationship currently?

1	2	3	4	5	6	7	8	9	10
Not satisfied								Very satisfied	

What are you seeking from this coaching experience? Please describe a few key struggles.

How would you like to feel or what do you hope to accomplish by the end of this experience?

This is a Couples Coaching Experience, so improving your relationship is our main goal. What are the areas you think could use the most growth?

- Improving our communication
- Exploring our wounds
- Learn to express frustrations
- Releasing resentments
- Forgiveness
- Reconnecting sexually
- Re-establishing romance
- Finding ways to support each other
- Understanding each other's needs
- Mutual compassion
- Balancing responsibilities
- Finding more fun and connection
- Building something concrete together
- Other (please explain below)

Is there anything else you'd like to share before we start working together?