COUPLES COACHING INTAKE

In me a little about yourself and what brought you to this experience at this moment. a scale of 1 - 10, how content are you with your relationship currently? 1 2 3 4 5 6 7 8 9 10 Not isfied Very satisfied Vary satisfied Volume as called the feel or what do you hope to accomplish by the end of this experience? So is a Couples Coaching Experience, so improving your relationship is our main goal. What are sareas you think could use the most growth?
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e areas you think could use the most growth?
☐ Improving our communication ☐ Finding ways to support each other
Improving our communicationExploring our woundsFinding ways to support each otherUnderstanding each other's needs
Learn to express frustrations Mutual compassion
Releasing resentments Balancing responsibilities
Forgiveness Finding more fun and connection
Reconnecting sexually Building something concrete together
Re-establishing romance Other (please explain below)
Re-establishing romance Other (please explain below)
Re-establishing romance Other (please explain below) there anything else you'd like to share before we start working together?