

Couple Intake Template Example

Appointment Details

Practitioner

Date / Time

Duration

Location

Couples

Names

Date of Birth

Relationship History

Presenting: *What brings you to see me today*

Relationship History:

Why don't we start from the beginning, tell me how the two of you met and got together. Do you remember when you met for the first time? Tell me about it. Was there anything about your partner that made him/her stand out? What were your first impressions of each other?

When you think back to the time you were dating, before you got married or became committed to one another what do you remember? What stands out? How long did you know each other before you got married or became committed to one another? What do you remember of this period? What were some of the highlights?

Tell me about how you decided to get married or become committed. Of all the people in the world, what led you to decide that this was the person you wanted to marry or commit to? Was it an easy decision? Was it a difficult decision?

Do you remember your wedding? Tell me about your wedding. Did you have a honeymoon? What was that like?

When you think back to the first year you were committed and together or married, what do you remember? Were there any adjustments to that? What about the transition to being parents? Tell me about this period of your relationship. What was it like for the two of you?

Looking back over the years, what moments stand out as the really good times in your relationship? What were the really happy times?

Many of the couples we've talked to say that their relationships go through periods of ups and downs. Would you say that this is true of yours? What happens to you during these periods?

Looking back over the years, what moments stand out as the really hard times in your relationship? Why do you think you stayed together? How did you get through these difficult times?

How would you say your relationship is different from when you first got together?

I'm interested in your ideas about what makes a relationship work. Why do you think some relationships work while others don't? Think of a couple you know who has a particularly good relationship and one that you know has a particularly bad one. What is the difference about these two relationships? How would you compare your own relationship to each of these couples?

Tell me about your parents' relationship. What was (is) their relationship like? Would you say it's very similar or different from your own relationship?