

Coach Finch: ICF Certified Life Coach

Kenathius L. Finch, CLC

Business Address: 1260 Lake Blvd. #201, Davis, Ca 95616

Mailing Address: P.O. Box 4528, Davis, Ca 95617

mentlifecoach@coachfinch.com, 530-554-3567

COUPLE'S INTAKE

Please fill out the following intake information as completely as possible. Thank you.

Date: _____

Your Full Name: _____ (AKA's): _____

Birth date: _____ Age: _____

Dating Since: _____ Married Since: _____ Divorced Since: _____ Widowed Since: _____

Address: _____ City: _____ Zip: _____

E-mail: _____

Home Phone: _____ Cell: _____

Employment Position and Place: _____

Children: Full Name Age Living at home? (Y/N) School Name & Address

1. _____
2. _____
3. _____
4. _____
5. _____

Emergency Contact (Name, Phone, Relationship): _____

How were you referred to me? _____

Current Prescribed/Over the Counter (like ibuprofen) Medications, Recreational Drug Use, and/or Supplements:

Name: _____ Amount: _____ Why are you taking this?: _____ Date Started: _____

Name: _____ Amount: _____ Why are you taking this?: _____ Date Started: _____

Name: _____ Amount: _____ Why are you taking this?: _____ Date Started: _____

Name: _____ Amount: _____ Why are you taking this?: _____ Date Started: _____

Name: _____ Amount: _____ Why are you taking this?: _____ Date Started: _____

Suppose when you go to sleep tonight a miracle happens and your challenge is solved. When you wake up in the morning how will you know that a miracle has occurred? What would be different?:

Previous Coaching/Counseling: (Who? When? How long? Outcome?): _____

Coach Finch: ICF Certified Life Coach

Kenathius L. Finch, CLC

Business Address: 1260 Lake Blvd. #201, Davis, Ca 95616

Mailing Address: P.O. Box 4528, Davis, Ca 95617

mentlifecoach@coachfinch.com, 530-554-3567

What culture(s), ethnicity, and/or heritage do you associate with?: _____

What is the highest grade you completed?: _____

Do you have any religious and/or spiritual beliefs?: _____

How much sleep do you average per night?: _____ Do you feel tired after being awake for 30 minutes? _____

Do you intake caffeine? How often? _____

What does your exercise habits look like?: _____

When was the last time you had medical exam that included bloodwork? What were the results? _____

Does anyone in your family have any known mental health challenges? Any treatment?: _____

Have you or anyone in your family ever used any kinds of drugs, including alcohol?: _____

Any current use by you or your significant other?: _____

What was your relationship like with your family growing up?: _____

Was there any violence: physical, emotional, sexual, and psychological abuse that has happened with you or anyone else in your family?: _____

Have you or anyone in your family attempted to kill themselves or harm themselves in anyway? Any current thoughts of suicide?: _____

Have you been in any situation that resulted in your arrest or conviction for a crime?: _____

Do you see or hear things that other people do not see or hear?: _____

Coach Finch: ICF Certified Life Coach

Kenathius L. Finch, CLC

Business Address: 1260 Lake Blvd. #201, Davis, Ca 95616

Mailing Address: P.O. Box 4528, Davis, Ca 95617

mentlifecoach@coachfinch.com, 530-554-3567

Has there been any type of cheating in this relationship? If yes, by who?: _____

Has there been any violence in this relationship? If yes, by who?: _____

Any current violence? _____

Coach Finch: ICF Certified Life Coach

Kenathius L. Finch, CLC

Business Address: 1260 Lake Blvd. #201, Davis, Ca 95616

Mailing Address: P.O. Box 4528, Davis, Ca 95617

menslifecoach@coachfinch.com, 530-554-3567

TRUST QUESTIONNAIRE *-Developed by Dr. John & Julie Gottman*

For each of the following items answer the degree to which you agree or disagree with each item using the following numbering system:

- | | | |
|----------------------|-------------------------------|-------------------|
| 1. Strongly Disagree | 3. Neither Agree nor Disagree | 4. Agree |
| 2. Disagree | | 5. Strongly Agree |

- There were important times when my partner has not been there for me emotionally when I was really in need.
- My partner has been or is emotionally involved with someone else, which feels like a betrayal.
- My partner has been or is sexually involved with someone else, which feels like a betrayal.
- I don't have much trust in any relationship.
- Once, when I really needed to turn to my partner for emotional support, I was terribly disappointed and left utterly alone.
- Sometimes I don't feel important to my partner.
- My partner has forced me to do some things against my principles, or to do things that I find objectionable, repulsive, or disgusting.
- My partner lies to me.
- There are some wounds my partner has created that can never fully heal between us.
- My trust in this relationship has been seriously shattered.
- I don't feel that I am my partner's first or even major priority in his or her life.
- My partner has cheated me and I feel betrayed by that.
- My partner has betrayed me financially.
- When going through hard times, I don't feel I can count on my partner to be there for me.
- Our vows aren't really sacred to my partner.
- My partner can be deceitful with me in many ways.
- When I get sick I am abandoned by my partner.
- I can't really count on my partner.
- If I have financial problems I am on my own. I cannot rely on my partner to help me out.
- I suspect that my partner has betrayed our relationship contract in the past.
- My partner is not really loyal to me.

Coach Finch: ICF Certified Life Coach

Kenathius L. Finch, CLC

Business Address: 1260 Lake Blvd. #201, Davis, Ca 95616

Mailing Address: P.O. Box 4528, Davis, Ca 95617

menslifecoach@coachfinch.com, 530-554-3567

GOTTMAN AREA OF STRENGTHS CHECKLIST

Below are areas of your relationship that either are already strengths or that need improvements. If the item number is already a strength in your relationship, *simply circle the item number itself* and move on. If it is not a strength but you think that it is very important to build strength in that area, circle the "5." Use the numbers between 1 and 5 to indicate the importance of strengthening that item *in your own view* (1 = not very important to improve, 5 = *very important* to improve). Please answer the questions *honestly*, without concern of your partner's answers.

I would like us to be able to say about our marriage:

1. We have very good communication. 1 2 3 4 5
2. We have a satisfying sex life. 1 2 3 4 5
3. We allow one another a lot of independence. 1 2 3 4 5
4. Our home is pretty well organized. 1 2 3 4 5
5. We are both very involved in this marriage and are a great team. 1 2 3 4 5
6. We both help out with household chores. 1 2 3 4 5
7. We both try very hard to be good parents and to have good relationships with our children. 1 2 3 4 5
8. We have good relationships with our families. 1 2 3 4 5
9. We have similar beliefs, basic values and goals in life. 1 2 3 4 5
10. We have similar ideas about how to have a good time and enjoy life. 1 2 3 4 5
11. We are very good friends. 1 2 3 4 5
12. My partner gives me no reason for feeling jealous. 1 2 3 4 5
13. We are very good at helping each other to reduce stress. 1 2 3 4 5
14. I feel respected in this marriage/relationship. 1 2 3 4 5
15. I feel loved in this marriage/relationship. 1 2 3 4 5
16. I like what I am in this marriage/relationship. 1 2 3 4 5
17. We admire one another. 1 2 3 4 5

Coach Finch: ICF Certified Life Coach

Kenathius L. Finch, CLC

Business Address: 1260 Lake Blvd. #201, Davis, Ca 95616

Mailing Address: P.O. Box 4528, Davis, Ca 95617

menslifecoach@coachfinch.com, 530-554-3567

18. I feel fairly confident that we could handle any problem we might face together. 1 2 3 4 5

19. I feel secure in this relationship. 1 2 3 4 5

20. We get along well with our in-laws. 1 2 3 4 5

21. We share similar views about basic religious or philosophical issues. 1 2 3 4 5

22. We agree on issues related to children. 1 2 3 4 5

23. We have similar views about money. 1 2 3 4 5

24. We manage pretty well with the daily stresses of our lives. 1 2 3 4 5

25. We have a lot of fun in life. 1 2 3 4 5

26. My partner knows and understands me. 1 2 3 4 5

27. I have all the independence I need. 1 2 3 4 5

28. I like where we are going in the future. 1 2 3 4 5

29. Our lives together have purpose and meaning. 1 2 3 4 5

30. We have a sense of adventure in our lives. 1 2 3 4 5

by Dr. John M. Gottman and Dr. Julie Schwartz Gottman