

Embrace New Life, LLC



Couple's Intake

(each spouse fills out their own assessment, print 2 copies)

Safe Haven RELATIONSHIP SCALE

Using the scale below, please **circle** the corresponding number that best fits the statement. Please answer according to the current condition of your relationship.

Scale					
Never	Rarely	Occasionally	More often than not	Most of the time	All the Time
0	1	2	3	4	5

1. My partner is honest and truthful with me. 0|1|2|3|4|5
2. My partner does not give me his/her full attention when I need to share what's important to me. 0|1|2|3|4|5
3. My partner follows through when he/she makes promises. 0|1|2|3|4|5
4. Even though we might have different views, my partner tries to take into consideration my perspective. 0|1|2|3|4|5
5. I have to walk on eggshells around my partner. 0|1|2|3|4|5
6. My partner can tell when something is bothering me. 0|1|2|3|4|5
7. I can trust my partner. 0|1|2|3|4|5
8. My partner tries to understand my views and opinions, even when he/she may not agree with me. 0|1|2|3|4|5
9. My partner is a person on whom I can depend. 0|1|2|3|4|5
10. I can count on my partner to be emotionally accessible when I need him/her. 0|1|2|3|4|5
11. My partner has his/her own interests in mind. 0|1|2|3|4|5
12. Even when our relationship gets difficult, I know my partner will be there for me. 0|1|2|3|4|5
13. I am able to talk openly with my partner about what's important to me. 0|1|2|3|4|5
14. When we are in conflict, my partner is still able to respond in a considerate way. 0|1|2|3|4|5
15. My partner is approachable. 0|1|2|3|4|5

16. I am hesitant to share with my partner because I am afraid of the way he/she will react.
0|1|2|3|4|5
17. My partner is trustworthy. 0|1|2|3|4|5
18. When making important decisions, I know my partner will think through my point of view.
0|1|2|3|4|5
19. My partner is thoughtful and caring towards me. 0|1|2|3|4|5
20. It is difficult for my partner to just listen to my perspective without giving advice or lecturing me.
0|1|2|3|4|5
21. My partner is understanding of my moods and feelings. 0|1|2|3|4|5
22. I can rely on my partner to react in a considerate and understanding manner. 0|1|2|3|4|5
23. In important areas of our relationship, my partner has violated my trust. 0|1|2|3|4|5
24. We give and receive support from each other with ease. 0|1|2|3|4|5
25. I can accept the decisions my partner makes in important areas of our relationship. 0|1|2|3|4|5
26. My partner listens to me with warmth and ease. 0|1|2|3|4|5
27. My partner is willing to put aside what he/she is doing to spend time with me. 0|1|2|3|4|5
28. I can consistently rely on my partner. 0|1|2|3|4|5
29. My partner can be self-centered and selfish. 0|1|2|3|4|5
30. We generally turn to each other for support. 0|1|2|3|4|5
31. My partner has the best interest of our relationship at heart. 0|1|2|3|4|5
32. My partner seems to give more time and attention to things other than our marriage. 0|1|2|3|4|5
33. I am certain that my partner would not intentionally hurt me. 0|1|2|3|4|5
34. I am hesitant to express or share myself with my partner. 0|1|2|3|4|5
35. It is difficult for my partner to just listen to my perspective without evaluating and judging me.
0|1|2|3|4|5
36. We are able to constructively resolve our relationship hurts. 0|1|2|3|4|5

ANSWER THE FOLLOWING QUESTIONS:

1. In regards to your answers above, have you always felt this way about your spouse?
2. How have your feelings toward your spouse changed?
3. What happened to change the way you feel about your spouse? Describe both positive and negative experiences that have impacted how you perceive your spouse.
4. What is the cause of most of your arguments with your spouse? Describe the most recent and typical argument/fight between you and your spouse:
5. What has been the most hurtful thing in your marital relationship?
6. What is the strength of your marital relationship?
7. When was the best season of your marriage? What made it a safe haven?

Locke-Wallace Marital Adjustment Test

1. Check the scale box below that best describes your degree of overall happiness of your present marriage:

Overall Happiness						
Very Unhappy			Happy			Perfectly Happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check the column below that shows your approximate agreement or disagreement between you and your mate on the following issues:

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2. Handling family finances						
3. Matters of recreation						
4. Demonstrations of Affection						
5. Friends						
6. Sex						
7. Right, good conduct						
8. Philosophy of Life						
9. Dealing with In-laws						

10. When disagreements arise, they usually result in: HUSBAND GIVES IN, WIFE GIVES IN, MUTUAL AGREEMENT

11. Do you and your mate engage in outside interests together? ALL, SOME, FEW, NONE

12. In leisure time, do you generally prefer to be: ON THE GO, STAY AT HOME Spouse: ON THE GO, STAY AT HOME

13. Do you ever wish you had not married? FREQUENTLY, OCCASIONALLY, RARELY, NEVER

14. If you had your life to live over, do you think you would: MARRY SAME, MARRY ANOTHER, NOT MARRY

15. Do you confide in your mate: NEVER, RARELY, IN MOST THINGS, IN EVERYTHING

16. How often do you and your spouse currently have sex?

In the past, how often have you typically had sex?

Has our sexual relationship been satisfying over the years? Why or why not?

17. How often do you watch pornography or masturbate? YES, NO

_____ Locke-Wallace Total Score

ATTACHMENT STYLES

Scale						
Not like me at all			Somewhat like me			Very Much Like Me
1	2	3	4	5	6	7

FOR EACH OF THE FOUR RELATIONSHIPS LISTED, write the number that best describes how you usually act and feel toward:	Your Family	Your Friends	Your Spouse	God
1. It is easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or having others not accept me.				
2. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.				
3. I am somewhat uncomfortable being close to others. I am comfortable without close relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.				
4. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.				

Safe Haven MARRIAGE RELATIONSHIP QUESTIONS

THE FOLLOWING QUESTIONS ARE REGARDING YOUR **HEALTH**:

1. Describe your physical health.
2. What surgeries or medical procedures have you had in the past year?
3. Have you ever been diagnosed by a psychiatrist or counselor? What was the diagnosis?
4. What medications are you currently taking? What are they for?
5. What medications have you taken in the past for depression, anxiety, etc?
6. In the past 3 months, has your appetite or sleep patterns changed? Have you lost interest in things you once were interested in? Have you had angry outbursts? Have you felt depressed? Please explain.
7. Have you ever seriously thought of ending your life or someone else's? Please explain.
8. How often, how much, and when do you or your spouse consume alcohol or drugs? Have either of you been through a drug/alcohol recovery program?

THE FOLLOWING QUESTIONS ARE REGARDING YOUR **LIFE STORY**

1. Describe your **childhood**: your family life, siblings, type of home you were raised in & parenting style of your parents:
2. How would you describe your **father** and the relationship you have had with him over the course of your life?
3. How would you describe your **mother** and the relationship you have had with her over the course of your life?
4. What were the most significant events **growing up**: positive and negative. (include any divorce, major moves, changes, sibling issues, abuse)
5. Describe **yourself**: the type of person you are, your personality, strengths & weaknesses.
6. Describe your **friendships**. How easy/difficult is it for you to make and maintain friendships? How well do you relate to others? How do your friends view you?

7. What is your **profession** and where do you currently work? What are your hobbies?

THE FOLLOWING QUESTIONS ARE REGARDING YOUR **MARRIAGE**

1. Describe any **previous** marriages. How long, why did the marriage end? Any children?

2. Date you and your spouse married:

3. How did you **meet** your spouse and what were your first impressions?

4. What attracted you to your spouse and your spouse to you?

5. Why did you make the decision to marry?

6. Describe your **early years** of marriage. How did the two of you get along? What were your strengths, and what were your difficulties?

7. Over the course of your marriage, how have you gotten along, what have you argued about and how have you resolved your differences? What has been most painful?

8. Despite everything, what are your strengths as a couple?

9. How do you come close and connect? Do you hug, hold, talk, intimate?

10. Have either of you had affairs? Explain.

11. Has there ever been any violence in the marriage? (Pushing, hitting, throwing things?)*

12. List any separations, length and reason for separation:

13. What would you like your spouse to understand about you and your hurts?

14. What would you like to see change as a result of the marital intensive/counseling?

15. Have you had previous couples counseling? Please describe that experience and the impact it had on your marriage.

16. Anything else you feel would be helpful for me to know about you, your relationship or your spouse?

DESCRIBE YOUR EXPERIENCE WHEN ARGUING WITH YOUR SPOUSE

1. *The things my spouse and I argue about are:*

- sex kids how time is spent money chores competing attachments unresolved arguments

Describe what your typical arguments look like. (Who brings up issues, what issues do you argue about, how do you attempt to be heard, how do you argue with each other, etc.)

What arguments and issues have not been addressed and resolved?

2. *What do you typically feel when you and your spouse argue, these are your fears, vulnerabilities and what you are sensitive to. Often this is what you also felt growing up or at other key times in your life.*

- not seen no one will be there for me rejected abandoned not wanted or desired controlled
 powerless defective inadequate not important taken advantage of not good enough
 not accepted ignored betrayed not seen mis-portrayed falsely accused not loved

Describe your hurts, fears & vulnerabilities that come up during an argument:

3. *What do you feel in your body when you are arguing.*

- heart races mind races palms sweat pain in chest neck tenses pit in stomach get hot

Describe how your body tenses up when in an argument:

4. *What harsh emotions and more tender emotions do you feel during an argument with your spouse:*

- angry frustrated cornered stuck overwhelmed irritated fed-up attacked
 alone abandoned sad rejected worthless suffocated fearful desperate
 frustrated overwhelmed helpless scarred alone disappointed

Describe what emotions you usually feel during an argument:

5. *How do you react, do or say during the argument:*

- criticize defensiveness contempt withdraw pursue (go after)
- heightened tone of voice harsh words go quiet shut down freeze review negatives
- pacify blame withhold hurt back demand invalidate re-write history

Describe how you react toward your spouse when arguing:

6. *How do you justify your reactions:*

- 'if you didn't do what you did, I wouldn't have to react the way I do' 'You only listen if I yell & get angry'
- 'if I keep repeating it louder, then you will understand what I am saying' 'you are wrong so I correct you'
- 'you keep at me so I have to withdraw' 'you'd keep attacking me if I didn't yell back'
- 'I can't think of a rebuttal so I go quiet' 'I can't change your mind about me, so I shut down'

Describe what you say to yourself to justify your reactions:

7. *After an argument, what do you usually conclude about your spouse and your relationship:*

- 'we will never get along' 'maybe we are not meant to be together' 'if only you would change'
- 'if you did things differently we wouldn't have these problems' 'it's best I pull away & protect my heart'
- 'you will always hurt me' 'I can't trust you' 'you will always be mad at me about something'

Describe the negative conclusions you have made about your marriage and spouse:

8. *After all the arguing, what do you long for & need from your spouse?*

- acceptance closeness understanding be valued chosen & loved seen as worthwhile
- appreciated be held, caressed, be close be trusted grace be listened to supported
- approved of to be noticed to be included to be a priority to be considered respected
- be my teammate find me good enough peace, get along closeness, intimacy, no walls

Describe what you long for from your spouse:

9. *How do you attempt to repair the hurts that arise from arguments and deal with the hot issues?*

Smalley Personality Types Inventory

For each temperament type, circle and total the traits that sound the most like you – as you are at home.

Lion - "Let's do it now!"

Red/ Cho

Likes authority
Takes charge
Determined
Confident
Firm
Enterprising
Competitive
Enjoys challenges
Problem solver
Productive
Bold
Purposeful, goal driven
Decision maker
Adventurous
Strong willed
Independent, self-reliant
Controlling
Persistent
Action-oriented

Lion Score _____

Otter "Trust me! It'll work out!"

Yellow / San

Enthusiastic
Takes risks
Visionary
Motivator
Energetic
Very verbal
Promoter
Friendly, mixes easily
Enjoys popularity
Fun loving
Likes variety
Spontaneous
Enjoys change
Creative, loves new ideas
Group Oriented
Optimistic
Initiator
Infectious laughter
Inspirational

Otter Score _____

Golden Retriever – "Let's keep things the way they are!" **Green**/ Phl

Sensitive feelings
Loyal
Calm, even-keeled
Non-demanding
Avoids confrontation
Enjoys routine
Dislikes change
Warm & relational
Gives in
Accommodating
Cautious humor
Adaptable
Sympathetic
Thoughtful
Nurturing
Patient
Tolerant
Good listener
Peacemaker

Golden Retriever Score _____

Beaver – "How was it done in the past?"

Blue / Mel

Reads all instructions
Accurate
Consistent
Controlled
Reserved
Predictable
Practical
Orderly
Factual
Conscientious
Perfectionist
Discerning
Detailed
Analytical
Inquisitive
Precise
Persistent
Scheduled
Sensitive

Beaver Score _____

Gary Chapman 5 Love Languages Assessment

Read each pair of statements and circle the one that best describes you.

1. A. I like to receive notes of affirmation from you.
E. I like it when you hug me.
2. B. I like to spend one-on-one time with you.
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.
A. I like the kind words you say to me.
12. E. I feel whole when we hug.
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.

- D. I know you love me when you do things for me that you don't enjoy doing.
16. E. I like for you to touch me when you walk by.
B. I like when you listen to me sympathetically.
17. C. I really enjoy receiving gifts from you.
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.
C. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.
D. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
23. D. I feel loved when you help me out with my chores.
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.
D. I like to know that you are concerned enough to help me with my daily task.
26. E. Kissing me unexpectedly makes me feel loved.
C. Giving me a gift for no occasion makes me feel loved.
27. A. I like to be told that you appreciate me.
B. I like for you to look at me when we are talking.
28. C. Your gifts are always special to me.
E. I feel loved when you kiss me.
29. A. I feel loved when you tell me how much you appreciate me.
D. I feel loved when you enthusiastically do a task I have requested.
30. E. I need to be hugged by you every day.

A. I need your words of affirmation daily.

Add Total Number of Letter Answers Here:

A. ___ Words of Affirmation

B. ___ Quality Time

C. ___ Receiving Gifts

D. ___ Acts of Service

E. ___ Physical Touch



Family Genogram

Research shows that there is a strong genetic component to behavior. Fill out this genogram the best you can. We will use in session. *Thanks!*

