

WORKSHEET – Sample Questions for Client Information Form  
(To be filled out individually by each partner)

1. What are your preferred pronouns?
2. How long have you and your partner been together? In what form (dating, living together, married)?
3. Ages of children, if applicable
4. What brings you to counseling at this time? Is there something specific, such as a particular event? Be as detailed as you can
5. Describe your current living situation. Do you live alone or with others?
6. What is your current occupation? What do you do? How long have you been doing it?
7. What is your level of education?
8. Is there a history of mental illness in your family?
9. Have you seen a mental health professional before?
10. Specify all medications and supplements you are presently taking and for what reason.
11. Have you ever been hospitalized for a psychiatric issue?
12. Who is your primary care physician? Please include name and phone number.
13. Do you drink alcohol? If yes, how much and when?
14. Do you use recreational drugs?
15. Have you had a history of or current eating disorder?
16. Do you have suicidal thoughts?
17. Have you ever attempted suicide?
18. What is working well about your relationship?
19. What are some of the skills you have that you might be able to use in our work?
20. Is there anything about sex or sexuality you think you might want to discuss in therapy?
21. Looking back, what do you feel you have contributed to the problems in your relationship?
22. Tell me about your couple support. Do you have other couple friends?
23. Take a moment to create a list of topics that when discussed as a couple generate tension.
24. Tell me about any past big emotional injuries that still need processing also called regrettable incidents.
25. Is there anything I should know about your relationship?
26. What are some of the skills you have that you might be able to use in our work?
27. What are your goals for counseling?
28. What else would you like me to know?
29. Who told you about me?

I can learn a lot before the first session that can help me direct care. I add more questions as I think of them. It is interesting how different the answers can be from each partner in a couple.