

Marital/Relationship Counseling Information Form

The Family Resource Center

Return form by faxing to (281) 444-0368 or by emailing to jagvw@earthlink.net or

bring to your first session completed by each participant

1) Name: _____ 2) Age: _____ 3) Date: _____

4) Address: _____ City: _____ State: _____ Zip: _____

5) Briefly, what is your main purpose in coming to marital therapy? _____

Instructions: To assist us in helping you, please fill out this form as fully and openly as possible. Your answers will help plan a course of marital therapy that is most suitable for you and your spouse. Do not exchange this information with your spouse.

Several of your answers on this form may be shared later with your spouse during joint therapy sessions if you give us permission to share this information. For this reason you are advised to respond honestly and carefully to each item. If certain questions do not apply to you or you do not want to share this information, please leave them blank.

6) Is this your first marriage? Yes No

If No, which marriage is it for you? 2 3 4 5+

7) How long have you and your present spouse been married? _____

8) Are you and your spouse presently living together? Yes No

If No, why not? _____

9) How many times have you and your spouse separated? _____

10) Fill out the following information for each child of whom the natural parent is both you and your partner, children from previous relationships, and adopted children.

*"Whose child?" answering options: B = Both of ours, natural child

BA = Both of ours, adopted (or taken on)

M = My natural child

MA = My child, adopted (or taken on)

S = Spouse's natural child

SA = Spouse's child, adopted (or taken on)

Child's name	Age	Sex	*Whose child?	Lives with you and spouse?			
1) _____	_____	F M	_____	___	Yes	___	No
2) _____	_____	F M	_____	___	Yes	___	No
3) _____	_____	F M	_____	___	Yes	___	No
4) _____	_____	F M	_____	___	Yes	___	No
5) _____	_____	F M	_____	___	Yes	___	No
6) _____	_____	F M	_____	___	Yes	___	No
7) _____	_____	F M	_____	___	Yes	___	No

11) List five qualities that initially attracted you to your spouse:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Does your spouse still possess this trait?

- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No

12) List four negative concerns that you initially had in the relationship:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Does your spouse still possess this trait?

- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No

13) List five present positive attributes of your spouse:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Do you often praise your spouse for this trait?

- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No

14) List five present negative attributes of your spouse:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Do you nag your spouse about this trait?

- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No

15) List five things you do (or could do) to make the marriage more fulfilling for your spouse:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Do you often implement this behavior?

- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No

16) List five things that your spouse does (or could do) to make the marriage more fulfilling for you: behavior?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Does your spouse often implement this

- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No
- ___ Yes ___ No

- 17) List five expectations or dreams you had about marriage before you married your spouse: Has this been fulfilled?
- | | | | | |
|----------|-----|-----|-----|----|
| 1) _____ | ___ | Yes | ___ | No |
| 2) _____ | ___ | Yes | ___ | No |
| 3) _____ | ___ | Yes | ___ | No |
| 4) _____ | ___ | Yes | ___ | No |
| 5) _____ | ___ | Yes | ___ | No |
- 18) On a scale of 1 to 5 rate the following items as they pertain to:
- 1) The present state of the marriage
 - 2) Your need or desire for it
 - 3) Your spouse's need or desire for it

Circle the Appropriate Response for Each

	Present state of the marriage					Your need or desire					Spouse's need or desire				
	Poor					High		Low			High				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1) Affection	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
2) Childrearing rules	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
3) Commitment together	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
4) Communication	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
5) Emotional closeness	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
6) Financial security	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
7) Honesty	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
8) Housework sharing	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
9) Love	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
10) Physical attraction	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
11) Religious commitment	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
12) Respect	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
13) Sexual fulfillment	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
14) Social life together	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
15) Time together	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
16) Trust	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Other (specify)															
17) _____	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
18) _____	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
19) _____	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
20) _____	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

19) Which partner spends more time conducting the following activities?

Circle the Appropriate Response for Each

(M = Me S = Spouse E = Equal time)

				Is this equitable (fair)?		Comments
1) Auto repairs	M	S	E	___ Yes	___ No	_____
2) Child care	M	S	E	___ Yes	___ No	_____
3) Child discipline	M	S	E	___ Yes	___ No	_____
4) Cleaning bathrooms	M	S	E	___ Yes	___ No	_____
5) Cooking	M	S	E	___ Yes	___ No	_____
6) Employment	M	S	E	___ Yes	___ No	_____
7) Grocery shopping	M	S	E	___ Yes	___ No	_____
8) House cleaning	M	S	E	___ Yes	___ No	_____
9) Inside repairs	M	S	E	___ Yes	___ No	_____
10) Laundry	M	S	E	___ Yes	___ No	_____
11) Making bed	M	S	E	___ Yes	___ No	_____
12) Outside repairs	M	S	E	___ Yes	___ No	_____
13) Recreational events	M	S	E	___ Yes	___ No	_____
14) Social activities	M	S	E	___ Yes	___ No	_____
15) Sweeping kitchen	M	S	E	___ Yes	___ No	_____
16) Taking out garbage	M	S	E	___ Yes	___ No	_____
17) Washing dishes	M	S	E	___ Yes	___ No	_____
18) Yard work	M	S	E	___ Yes	___ No	_____
19) Other: _____	M	S	E	___ Yes	___ No	_____
20) Other: _____	M	S	E	___ Yes	___ No	_____

20) If some of the following behaviors take place only during MILD arguments circle an "M" in the appropriate blanks. If they take place only during SEVERE arguments, circle an "S." If they take place during ALL arguments circle an "A." Fill this out for you and your impression of your spouse. If certain behaviors do not take place, leave them blank.

Circle the Appropriate Response for Each

(M = Mild arguments only S = Severe arguments only A = All arguments)

Behavior	By me			By spouse			Should this change?	
1) Apologize	M	S	A	M	S	A	___ Yes	___ No
2) Become silent	M	S	A	M	S	A	___ Yes	___ No
3) Bring up the past	M	S	A	M	S	A	___ Yes	___ No
4) Criticize	M	S	A	M	S	A	___ Yes	___ No
5) Cruel accusations	M	S	A	M	S	A	___ Yes	___ No
6) Cry	M	S	A	M	S	A	___ Yes	___ No
7) Destroy property	M	S	A	M	S	A	___ Yes	___ No
8) Leave the house	M	S	A	M	S	A	___ Yes	___ No
9) Make peace	M	S	A	M	S	A	___ Yes	___ No
10) Moodiness	M	S	A	M	S	A	___ Yes	___ No
11) Not listen	M	S	A	M	S	A	___ Yes	___ No
12) Physical abuse	M	S	A	M	S	A	___ Yes	___ No
13) Physical threats	M	S	A	M	S	A	___ Yes	___ No
14) Sarcasm	M	S	A	M	S	A	___ Yes	___ No
15) Scream	M	S	A	M	S	A	___ Yes	___ No
16) Slam doors	M	S	A	M	S	A	___ Yes	___ No
17) Speak irrationally	M	S	A	M	S	A	___ Yes	___ No

18) Speak rationally	M	S	A	M	S	A	___	Yes	___	No
19) Sulk	M	S	A	M	S	A	___	Yes	___	No
20) Swear	M	S	A	M	S	A	___	Yes	___	No
21) Threaten divorce	M	S	A	M	S	A	___	Yes	___	No
22) Threaten to take kids	M	S	A	M	S	A	___	Yes	___	No
23) Throw things	M	S	A	M	S	A	___	Yes	___	No
24) Verbal abuse	M	S	A	M	S	A	___	Yes	___	No
25) Yell	M	S	A	M	S	A	___	Yes	___	No
26) _____	M	S	A	M	S	A	___	Yes	___	No
27) _____	M	S	A	M	S	A	___	Yes	___	No
28) _____	M	S	A	M	S	A	___	Yes	___	No

21) How often do you have: Mild arguments? _____
 Severe arguments? _____

22) When a MILD argument is over
 how do you usually feel?

Check Appropriate Responses

- | | |
|---------------|----------------|
| ___ Angry | ___ Lonely |
| ___ Anxious | ___ Nauseous |
| ___ Childish | ___ Numb |
| ___ Defeated | ___ Regretful |
| ___ Depressed | ___ Relieved |
| ___ Guilty | ___ Stupid |
| ___ Happy | ___ Victimized |
| ___ Hopeless | ___ Worthless |
| ___ Irritable | |

23) When a SEVERE argument is over
 how do you usually feel?

Check Appropriate Responses

- | | |
|---------------|----------------|
| ___ Angry | ___ Lonely |
| ___ Anxious | ___ Nauseous |
| ___ Childish | ___ Numb |
| ___ Defeated | ___ Regretful |
| ___ Depressed | ___ Relieved |
| ___ Guilty | ___ Stupid |
| ___ Happy | ___ Victimized |
| ___ Hopeless | ___ Worthless |
| ___ Irritable | |

24) Which of the following issues or behaviors of you and/or your spouse may be attributable to your marital or personal conflicts? If an item does not apply, leave it blank.

Circle the Appropriate Responses

(M = My behavior S = Spouse's behavior B = Both)

Alcohol consumption	M	S	B	Perfectionist	M	S	B
Childishness	M	S	B	Possessive	M	S	B
Controlling	M	S	B	Spends too much	M	S	B
Defensiveness	M	S	B	Steals	M	S	B
Degrading	M	S	B	Stubbornness	M	S	B
Demanding	M	S	B	Uncaring	M	S	B
Drugs	M	S	B	Unstable	M	S	B
Flirts with others	M	S	B	Violent	M	S	B
Gambling	M	S	B	Withdrawn	M	S	B
Irresponsibility	M	S	B	Works too much	M	S	B
Lies	M	S	B	Other (specify)			
Past marriage(s)	M	S	B	_____	M	S	B
Other's advice	M	S	B	_____	M	S	B
Outside interests	M	S	B	_____	M	S	B
Past failures	M	S	B	_____	M	S	B

25) In the remaining space please provide additional information that would be helpful:

25) If you have received relationship or marital counseling in the past, did it help? ____ Yes
____ No

26) If it helped, in what way did it help you or your partner? _____

27) What worked in the therapy and what did not work for you in your previous therapy sessions?

28) What expectations do you have for this therapy program? _____

29) If it did not help, why did it not help to improve your relationship? _____

I, _____, hereby give my permission for this clinic to share the information that I provide on this form to _____ (spouse) when it is deemed appropriate by an agreement between me, my spouse, and our therapist. This sharing of information may take place only during a joint counseling session (both spouses present).

Client's signature or initials: _____ Date: __/__/__
_____/_____

PLEASE RETURN THIS AND OTHER ASSESSMENT MATERIALS TO THIS OFFICE AT THE TIME OF YOUR NEXT APPOINTMENT.

PLEASE SIGN THE COUPLES COUNSELING AGREEMENT THAT APPEARS ON THE NEXT TWO PAGES OF THIS DOWNLOAD. PLEASE READ THE AGREEMENT CAREFULLY BEFORE SIGNING IT. IF YOU HAVE ANY QUESTIONS, PLEASE DISCUSS THEM WITH DR. GARLOCK AT YOUR NEXT SESSION.

Couples Therapy Relationship Agreement For Couples Therapy With Dr. Garlock

MY COMMITMENT TO MY RELATIONSHIP IS AS FOLLOWS:

1. **1 am invested in and care about this relationship and will make an honest effort to improve it and to continue it.**
2. **1 admit that part of the responsibility for our relationship and the difficulties that we am having are mine.**
3. **1 will make an effort to improve the relationship and will follow the instructions that Dr. Garlock provides to me.**
4. **1 am willing to compromise on some things while I am in therapy.**
5. **1 will not abuse my partner in any way while I am in therapy with Dr. Garlock and I agree that my partner can tell me when abuse is believed to be occurring and I will stop those activities immediately and will believe my partner.**
6. **1 will not carry on an affair of any type outside of my relationship.**
7. **1 will focus on our relationship as it is now and not bring up problems from the past unless it is in a therapy session with Dr. Garlock.**
8. **1 will take the time needed to work together on our relationship and to do the exercises and homework given by Dr. Garlock.**
9. **1 will suspend judgment of our relationship while I am in therapy and until I've made a sincere effort to change it.**

WHAT THIS COMMITMENT MEANS TO ME AND TO MY PARTNER IS:

I am invested in and care about this relationship: If you are not invested in the relationship, your partner has a right to know that. If both you and your partner care about each other and are invested in this relationship, you have the foundation for improving it.

I admit that part of the responsibility for our relationship difficulties is mine: In order for your relationship to change, both you and your partner need to accept responsibility for it. By consenting to this condition, you are promising not to blame your partner for what has gone wrong or may go wrong in the future. One advantage of assuming responsibility for the relationship is that it demonstrates that you are not helpless: You have some power to determine how your relationship will develop. Also, your partner will have more motivation to change if he or she is not labeled as “the problem.”

I will make an effort to improve the relationship and will follow the instructions of Dr. Garlock: By agreeing to this condition, you are saying that your effort does not depend on your partner's effort. Rather than play “Who's going to try first?” you will give it your best effort in good faith from day one. You also acknowledge that you will follow the directives of Dr. Garlock in his efforts to try and to assist you to improve your relationship.

I am willing to compromise on some things: All relationships require some compromise on both sides. This might involve taking turns getting things you want, or it might involve both partners compromising on the same issue. By agreeing to this condition of the contract, you recognize the importance of compromise. If you are willing to meet your partner halfway, you are likely to get the same consideration in return.

I will not abuse my partner in any way: In order for change to occur, each of you needs to feel safe enough to let down your guard. Although it may be difficult at first, both partners must agree to refrain from any abuse, including calling each other names, shouting and swearing at each other, damaging each other's property, or hitting and shoving each other. If you think this will be a problem, you should consider asking Dr. Garlock for help in complying with this condition of the contract.

I will not carry on an affair of any type: If one or both of you is intimately involved with another person, you are unlikely to have any success building a positive relationship with each other. Third parties siphon off energy and cause understandable resentment and jealousy. If you are serious about working on this relationship, it is important to break off any other sexual relationships.

I will focus on our relationship as it is now and not bring up problems from the past: This is a difficult condition for many people to consent to because they feel they can never forget past hurts. Unfortunately, the past cannot be changed by your partner or anyone else, so bringing up old hurts usually only aggravates the situation. In starting with a clean slate, you are saying not that past events are forgiven or unimportant but that you are willing to work toward a better future. You will probably find that focusing on the present and the future feel more hopeful and lightens the burden of resentment.

I will take the time needed to work together on our relationship and to do the exercises and homework given by Dr. Garlock:

What is made over months or years is not undone in a day. Changing a relationship takes work, commitment, and time. In agreeing to this condition, you are promising to try the exercises and homework suggested by Dr. Garlock in good faith. You are also agreeing to participate in the therapy process in an honest and forthright manner.

I will suspend judgment of our relationship while I am in therapy and until I've made a sincere effort to change it: Change takes time and goes more easily if the specter of judgment by your partner is not hanging over your head. Letting go of judgments will free you to try new things without recrimination. After 2 months or more, you can reassess the situation and see if it has improved. Although things may improve within the first few weeks, you will need to continue your efforts if the change is to be lasting. Until then, you are agreeing to give it your best shot.

By agreeing to do these things, you are committing to making a positive contribution to the change that is needed in the present relationship. If you are unable to do these things, that is accepted and you and your partner can decide what to do next in order to resolve your relationship difficulties.

Signed: _____

Date: /___/

Signed: _____

Date: /___/