**Couple Counselling Assessment**

*These questions are to help us think what you want of coming to see me and to give us an aim to get us started during the first session. Don’t worry about spelling and writing. You can either fill out the form together or individually. If you are concerned about committing any answers to paper it would still be helpful to spend some time thinking about the questions.*

What issues have you been experiencing in your relationship?

How long have these issues been a problem in your relationship?

What have you and your partner done to try to resolve these issues?

What are your expectations of couples counselling?