Client Emotional Assessment Form | Couple

Date: October 19, 2018

Name of Partner #1 : Mary

Name of Partner #2 : Bob

1. What are you are seeking to support for within your couple? Check all that apply to you.

- [x] Ability to communicate clearly
- [x] Ability to connect more
- [ ] Ability to separate peacefully
- [x] Ability to listen and be heard
- [x] Ability to express emotion(s)

2. Of your above selections, list your top three answers in order of urgency - as a couple.

1. Ability to express emotions.
2. Ability to connect more.
3. Ability to communicate clearly.
4. Ability to listen and be heard.

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3. How do you each currently express (or not express) the following emotions:

PARTNER #1 Mary

a) Fear

I run away and hide.

b) Sadness

I run away and hide and cry.

c) Joy

I smile and laugh.

d) Discontentment

I ignore it and try to please everyone around me.

e) Anger

I run away and hide and cry.

PARTNER #2 Bob

a) Fear

I'm not scared of anything.

b) Sadness

I don't get sad.

c) Joy

I smile and laugh.

d) Discontentment

I can be a bit loud.

e) Anger

I throw things and slam doors, but I have never hurt anyone.

4. If you are seeking support regarding a certain situation, please provide the relevant details to your situation.

Our marriage has become so distant and disconnected. I feel like I don't even know myself anymore. I feel terrible that I can't seem to keep Bob happy. (Mary)

I agree, our marriage is disconnected. We never h ave sex anymore, and I'm tired of Mary hiding and crying and never taking a stand for what she wants. (Bob)

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5. Have either of you been diagnosed (by a professional doctor) with any mental health disorder? If yes, please describe what, who your therapist is, and if (and what) medications you are on.

No.

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