



This information is personal & confidential and will only be shared between you and your counselor.

Adult / Family History

Name: _____ **Date of Birth:** _____

What brought you to counseling at this time? _____

Briefly describe your current symptoms: _____

Have you had any recent major life changes or traumas? _____

What goals do you have for counseling? _____

Please list what you consider to be your strengths: _____

Please list what you consider to be your weaknesses: _____

Have you received counseling services before? _____

If yes, when and where? _____

Why did you terminate those services? _____

Describe any health issues or significant injuries or surgeries: _____



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Do you have a primary care doctor? _____

Do you have any sleeping concerns? _____

Do you have any eating concerns? _____

List ALL medications:

Medication (and dose)	Condition	Prescribing Doctor
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Alcohol and Drug use:

Type (name)	Amount	Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do you think you have a drug or alcohol problem? _____

Has anyone ever told you they thought you had a drug or alcohol problem? _____

What do you enjoy doing in your spare time? _____

Are you currently married? Y N If yes, how long? _____

Have you been married more than once? Y N If yes, how many times? _____

If you are here for marriage/couples counseling please tell me a little about your relationship:



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Who currently lives with you?

Name	Age	Relationship
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Briefly tell me about your family: _____

Where do you currently work? _____

Are you happy there? _____

What do you like about your job? _____

Are you currently attending school? Y/N Where? _____

What are your course studies? _____

Are you happy with the way things are going with school? _____

Do you currently have financial worries? _____

Do you have any legal issues or concerns? _____

Have you ever been in or are you currently in the military? _____

Please add anything you would like me to know: _____

Thank you for your time.