

## Intake Information & First Assignment (to be completed by client)

Date: \_\_\_\_\_

Phone (d) \_\_\_\_\_ (eve) \_\_\_\_\_ Email: \_\_\_\_\_

Last Name \_\_\_\_\_ First \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Mailing Address \_\_\_\_\_ (include zip)

Name, age, and relationship of any significant other \_\_\_\_\_

Names and ages of any children or stepchildren \_\_\_\_\_

Names and ages of your parents \_\_\_\_\_

Names and ages of brothers and sisters \_\_\_\_\_

In case of emergency call \_\_\_\_\_ Relationship \_\_\_\_\_

Doctor's name and number \_\_\_\_\_ Social Security # \_\_\_\_\_

List current medications & purpose for taking them (include prescription and over the counter drugs, herbs, supplements, etc.)

\_\_\_\_\_

\_\_\_\_\_

Where did you hear about me? \_\_\_\_\_ May I thank them for the referral? \_\_\_\_\_

### YOUR FIRST ASSIGNMENT:

It may help to think of this intake form as your first homework assignment. It's designed to give you a chance to look at your life in some new ways. It's also a great way for me to get to know a lot about you before we meet. That means when you get here, you won't have to start from scratch. I'll already have a good sense of who you are, where you've come from, how you see yourself, and what you're hoping to accomplish through our work together. This saves you time and money.

Please fill in the following questions and mail your completed assignment to me before our first session. Before you begin, make sure you've cleared your schedule so you have plenty of time to answer the questions and won't be interrupted by calls or other distractions. Answer each question with the first uncensored thought that springs to mind. If a question stirs up a strong image, a surprising feeling, or a forgotten memory, make a note. Assume each of these is important. If you're coming to see me with a partner, I encourage you to discuss your responses with each other. I look forward to working with you.

1-6

**FAMILY**

What we *learn* we *practice* and what we *practice* we *become*. - Ernie Larsen

LEARN 1. What messages--explicit or implicit--did you *learn* from your family? Examples: *Don't trust anyone. Expressing feelings is dangerous. Relationships don't last. How to use depression, alcohol, work to distance people.*

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PRACTICE 2. As a result of what you learned, what have you *practiced* or become good at? Examples: *Leaving relationships before I get left. Giving in to avoid conflict.*

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BECOME 3. As a result of what you practiced, what have you *become*, and what have you missed out on? Example: *A self-sufficient loner. I've missed out on intimacy.*

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4. What role did you play in your family of origin? Examples: *the smart one, the peacemaker, daddy's little girl, the troublemaker, etc.*

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5. How has that role shaped your personality--for better *and* for worse? Example: *Being "good" taught me to recognize others' needs but not my own.*

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6. While you were growing up, were any of your family members chemically dependent (including alcohol)?

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7. How about today? Are you or any members of your family of origin or immediate family chemically dependent?

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8. Growing up, how could you tell your mom/dad was angry or disapproved of you?

Mom: \_\_\_\_\_  
\_\_\_\_\_

Dad: \_\_\_\_\_  
\_\_\_\_\_

9. How could you tell when your mom/dad was feeling love or tenderness toward you?

Mom: \_\_\_\_\_  
\_\_\_\_\_

Dad: \_\_\_\_\_  
\_\_\_\_\_

10. How did your parents express *negative* and *positive* feelings toward each other?

Mom: \_\_\_\_\_

Dad: \_\_\_\_\_

OCCUPATION

1. What kind of work do you do now and what *in particular* is good about it?

\_\_\_\_\_

2. What would you need to have, be, or do to make your work more satisfying?

\_\_\_\_\_

PERSONAL LIFE

1. List 3 activities you love, how often you do them, and what *in particular* you love about them.

	Activity:	How often you do it:	What you love about it:
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

2. Who do you love, and how do you show it? (notes, calls, hugs, words, food...)

\_\_\_\_\_  
\_\_\_\_\_

3. How do you show negative emotions? (pout, withdraw, get sarcastic, yell...)

\_\_\_\_\_  
\_\_\_\_\_

