Intake Form

Welcome to Follow your Desire Coaching. Below are some questions to help me get to know you. In answering these questions, please be as honest and authentic as possible, so we can really get to the heart of what you are feeling and working with. I will review your answers with open awareness and complete non-judgment. We cannot change our pasts, but we can change our present and therefore our futures.

1. What current relationships do you have in your life? Friends, family, community members, lover(s), partner(s), etc?
2. In these relationships, what feels good/ healthy?
3. In these relationships, what feels unhealthy or lacking?
4. What current behaviors have you noticed in yourself that you would like to work on in yourself and/or your relationships?
5. Describe your current relationship with sex.
6. Do you have any history of sexual abuse whether you were the victim or perpetrator? If so, please explain to the extent of your comfort.
7. Growing up, did you have any serious traumas occur within your primary relationships? Ie: death of a close family member or friend, abandonment, abuse, neglect, divorce, etc.
8. What is your definition of love and/or a healthy relationship?
9. What is your relationship to spirituality/ something beyond the mundane?
10. What are your goals for your relational life/ sex life that you hope to achieve from our time working together?
11. Have you ever worked with a therapist/ mental health counselor before? What was your experience like?
12. Have you ever received a mental health diagnosis? Whether you feel it’s accurate or not (many times they are not!), what was the diagnosis?
13. What do you do for work?
14. What brings you pleasure?