



[Relationships: Initial Exploration]

Name:

Age:

Gender
Identity:

Preferred
Pronouns:

Date: [Date]

Phone #
email:

Please answer the below questions, reflecting what is true for you at this time in your life. If anything feels too personal, feel free to skip. Please also add any information you feel comfortable sharing.

Are you currently in a relationship?

- a. Yes
- b. No
- c. It's off and on

If yes, which of the below best describes:

- a. It's a good relationship and I am looking to improve on what we have started.
- d. I want to stick with it, but we have issues that outside input could be helpful with
- e. I don't think we will make it, and I need help confirming that and/or moving away from the relationship.

If you are not currently in a relationship, which of the following best describes your situation:

- a. My last relationship was not more than a year ago.
- f. My last relationship was within the past 3-4 years.
- g. I have never been in what I would consider a "relationship."

Are you currently dating?

- a. Yes, and I am interested in someone but would not say we are in a "relationship" yet.
- h. Yes, but I am "playing the field" - just meeting different people.
- i. Not currently.

How do you usually meet people you date?

- a. Apps





- j. Through people I know.
- k. It's random; I let it just happen naturally (like at parties)

How do you identify your preference/who you are attracted to:

- a. Heterosexual
- l. Homosexual
- m. Bisexual

Same question, continued:

- a. Pansexual
- n. Polyamorous
- o. Other: _____

What is your ideal relationship situation/" goal?"

- a. Marriage
- p. Partnered but not necessarily married.
- q. Partnered but not necessarily committed/open relationship.

Same question, continued:

- a. I would just like to date different people and have interesting experiences/adventures.
- r. Not sure right now.
- s. Other: _____

Do you notice any patterns in your relationship history?

- a. I find myself attracted to people who end up being emotionally unavailable.
- t. I end up with people who usually have addictions.
- u. Other: _____

Have you had a relationship previously that either was or was very close to what you wanted/what you'd like to have in your life?

- a. Yes.
- v. No.
- w. It's complicated; describe: _____

