

Private Coaching Application — Couples Intake

Important: This is not a general inquiry form. It is a structured application for couples ready to actively work on their relationship dynamic.

Only complete this if both partners are willing to engage in change.

Section 1: Relationship Snapshot

1. How long have you been together?

2. What best describes your current relationship?

- Connected and stable
- Stable but emotionally distant
- Functioning but disconnected
- Living more like roommates
- On the edge of separation

3. What has changed between you?

Section 2: The Real Problem

4. If nothing changes in the next 1–2 years, what do you honestly expect will happen?

5. What have you already tried to improve things? What happened?

6. Where do you each feel the most disconnect right now?
 - Emotional closeness
 - Physical intimacy
 - Communication
 - Trust
 - Desire/attraction
 - Other (explain)

Section 3: Responsibility & Awareness

7. What part of the current dynamic do you each personally contribute to?

8. What is uncomfortable to admit about your relationship right now?

9. Are you both willing to take responsibility for your part in change?

- Yes
- No
- Unsure

(If this is not a clear “yes” from both partners, this work will not be effective.)

Section 4: Desire for Change

10. On a scale of 1–10, how important is it to you that this relationship improves?

11. On a scale of 1–10, how willing are you to be uncomfortable to create change?

12. What would “this relationship working again” actually look like for you?

Section 5: Readiness Check

13. Are both partners aware of and consenting to this application?

- Yes
- No

14. Are both partners willing to attend sessions and actively participate?

- Yes
- No
- Unsure

15. What is the biggest fear you have about doing this work?

Section 6: Logistics

16. Names of both partners

17. Email address

18. Location/time zone

Final Step

Why should I work with you specifically?

(Answer honestly. This is where I assess fit, readiness, and capacity for change.)

After Submission

If this is a strong fit:

- You will be invited to a private connection call
- We will explore your responses in more depth
- We will determine if this coaching container is appropriate for your relationship

If it is not a fit, you will be told directly.

Important

This work is not designed for everyone.

It requires honesty, participation from both partners, and willingness to change patterns—not just talk about them.