

Each of you fill this in on your own and bring it to your first meeting.

TAKING INVENTORY

Some of the hopeful thoughts I have prior to beginning the counseling process are... _____

Some of the fearful feelings that I have prior to beginning the process are... _____

My personality and behavioral traits that contribute to our relationship strengths are... _____

My personality and behavioral traits that contribute to our relationship challenges are... _____

Some of the personality and behavioral traits that I really admire about you (your partner) are... _____

Some of the personality and behavioral traits that bother me about you (your partner) are... _____

This investment will be a success for me if... _____

This investment will be a success for us if ... _____

I am _____ committed to doing all I can to make this process a success.

Signature

Date