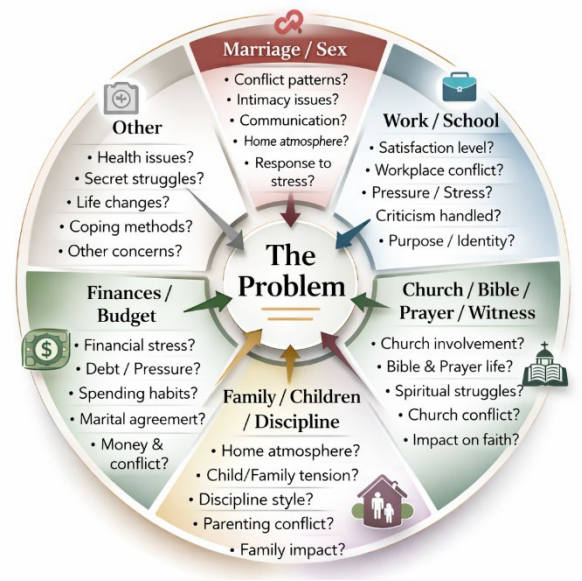
Counseling Intake – Question Bank



1 Marriage / Sex

- How would you describe the current state of your marriage?
- What patterns of conflict show up most often between you?
- How do you and your spouse typically handle disagreement?
- Are there unresolved tensions in physical intimacy?
- When things are tense at home, how do you usually respond?

2 Work / School

- How satisfied are you with your work (or school) situation right now?
- What stresses do you experience there?
- Have there been recent conflicts with supervisors, coworkers, or teachers?
- How do you typically respond to criticism or pressure?
- Does work feel like a source of identity, frustration, fulfillment, or burden?

3 Church / Bible / Prayer / Witness

- What is your current involvement in your local church?
- How consistent is your personal time in Scripture and prayer?
- Are there areas of spiritual dryness or struggle?
- Is there unresolved conflict with anyone in your church?
- When this problem began, how did it affect your walk with the Lord?

4 Social Activities / Friends

- Who are the people you spend the most time with?
- Do your closest friends encourage you spiritually?
- Have any friendships contributed to this struggle?
- Do you tend to isolate or seek out others when under stress?
- Are there social environments that tempt you toward sin?

5 Family / Children / Discipline

- How would you describe the atmosphere in your home?
- Are there current tensions with children or extended family?
- How do you typically handle discipline?
- Are there parenting disagreements between you and your spouse?
- Has this problem affected your family dynamics?

6️⃣ Finances / Budget

- How would you describe your current financial situation?
- Is money a frequent source of stress or conflict?
- Are you carrying debt or financial pressure?
- Do you and your spouse agree on spending priorities?
- Has financial strain contributed to the presenting issue?

7️⃣ Other

(This category allows flexibility for health, habits, hidden struggles, etc.)

- Are there health concerns affecting your mood or energy?
- Are you struggling with any secret habits or sins?
- Have there been major life changes in the past year?
- How do you typically cope with stress?
- Is there anything you're hesitant to share but know is important?