

**Sarah Swenson MA LMHC**  
Coaching for Neurodiverse Couples:  
Autistic + Neurotypical  
**SwensonCoaching.com**  
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**01.206.948.4221**

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Occupation \_\_\_\_\_

Company Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Phone \_\_\_\_\_ Voice message ok? \_\_\_\_\_

Email \_\_\_\_\_

Names of important individuals in your life (spouse, partner, children, friends, etc.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you previously worked with a coach? \_\_\_\_\_

What influenced your decision to contact me?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your understanding of what it is like to be autistic?

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your understanding of what it is like to be neurotypical?

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Have you previously worked with a couples counselor? What was helpful/not helpful?

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Have you given up any dreams?

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Which parts of your life are working best?

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Which parts of your life are working least well?

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What would you prefer your life to look like?

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What are your goals for our coaching relationship?

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Where would you like to focus first?

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You are welcome to expand any of the above questions if you feel they are particularly important to our work together.

### **YOUR LIFE STORY**

Please write a brief personal introduction. Detail any important aspects, accomplishments, and highlights that you feel are important for me to know.