

## Adult Checklist of Concerns

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please mark all of the items below that apply, and feel free to add any others at the bottom under "Any other concerns or issues." You may add a note or details in the space next to the concerns checked. (For a child, mark any of these and then complete the "Child Checklist of Characteristics.")

- I have no problem or concern bringing me here
- Abuse—physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals
- Aggression, violence
- Alcohol use
- Anger, hostility, arguing, irritability
- Anxiety, nervousness
- Attention, concentration, distractibility
- Career concerns, goals, and choices
- Childhood issues (your own childhood)
- Codependence
- Confusion
- Compulsions
- Custody of children
- Decision making, indecision, mixed feelings, putting off decisions
- Delusions (false ideas)
- Dependence
- Depression, low mood, sadness, crying
- Divorce, separation
- Drug use—prescription medications, over-the-counter medications, street drugs
- Eating problems—overeating, undereating, appetite, vomiting (see also "Weight and diet issues")
- Emptiness
- Failure
- Fatigue, tiredness, low energy
- Fears, phobias
- Financial or money troubles, debt, impulsive spending, low income
- Friendships
- Gambling
- Grieving, mourning, deaths, losses, divorce
- Guilt
- Headaches, other kinds of pains
- Health, illness, medical concerns, physical problems
- Housework/chores—quality, schedules, sharing duties
- Inferiority feelings

(cont.)

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- Interpersonal conflicts
  - Impulsiveness, loss of control, outbursts
  - Irresponsibility
  - Judgment problems, risk taking
  - Legal matters, charges, suits
  - Loneliness
  - Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments
  - Memory problems
  - Menstrual problems, PMS, menopause
  - Mood swings
  - Motivation, laziness
  - Nervousness, tension
  - Obsessions, compulsions (thoughts or actions that repeat themselves)
  - Oversensitivity to rejection
  - Pain, chronic
  - Panic or anxiety attacks
  - Parenting, child management, single parenthood
  - Perfectionism
  - Pessimism
  - Procrastination, work inhibitions, laziness
  - Relationship problems (with friends, with relatives, or at work)
  - School problems (see also "Career concerns ...")
  - Self-centeredness
  - Self-esteem
  - Self-neglect, poor self-care
  - Sexual issues, dysfunctions, conflicts, desire differences, other (see also "Abuse")
  - Shyness, oversensitivity to criticism
  - Sleep problems—too much, too little, insomnia, nightmares
  - Smoking and tobacco use
  - Spiritual, religious, moral, ethical issues
  - Stress, relaxation, stress management, stress disorders, tension
  - Suspiciousness, distrust
  - Suicidal thoughts
  - Temper problems, self-control, low frustration tolerance
  - Thought disorganization and confusion
  - Threats, violence
  - Weight and diet issues
  - Withdrawal, isolating
  - Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition
  - Other concerns or issues: \_\_\_\_\_
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Please look back over the concerns you have checked off and choose the one that you most want help with. It is:

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