**Adult Checklist of Concerns**

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

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.

❑ 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

❑ Emptiness

❑ Failure

❑ Fatigue, tiredness, low energy

❑ Fears, phobias

❑ Financial or money troubles, debt, impulsive

spending, low income

❑ Friendships

❑ Gambling

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

❑ 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.)

❑ 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

❑ 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 (cont.)

❑ 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:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_