## **CHECKLIST OF CONCERNS**

Please mark all 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), cruelty to animals
	Aggression, violence
ח	Alcohol use
	Anger, hostility, arguing, irritability
J	Anxiety, nervousness Attention, concentration, distractibility
]	Career concerns, goals, and choices
0	Childhood issues (your own childhood)
_	Children, child management, childcare, parenting
	Codependence
ā	Confusion
ā	Compulsions
ā	Custody of children
ā	Decision making, indecision, mixed feelings, putting off decisions
ā	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
ā	Friendships
	Gambling
	Grieving, mourning, deaths, losses, divorce
	Guilt
	Headaches, other kinds of pains
	Health, illness, medical concerns, physical problems
	Inferiority feelings Interpersonal conflicts
	Impulsiveness, loss of control, outbursts
	Irresponsibility
	Judgment problems, risk taking
	Legal matters, charges, suits
ā	Loneliness
	Marital conflict, distance/coldness, infidelity/affairs, remarriage
ū	Memory problems
	Menstrual problems, PMS, menopause
	Mood swings
	Motivation, laziness
	Nervousness, tension
	Obsessions, compulsions (thoughts or actions that repeat themselves)
	Oversensitivity to rejection
	Panic or anxiety attacks
	Perfectionism
	Pessimism

Procrastination, work inhibitions, laziness Relationship problems School problems Self-centeredness Self-esteem Self-neglect, poor self-care Sexual issues, dysfunctions, conflicts, desire differences Shyness, oversensitivity to criticism Sleep problems—too much, too little, insomnia, nightmares Smoking and tobacco use Stress, relaxation, stress management, stress disorders, tension Suspiciousness 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
Any other concerns or issues:
Please describe the concern that most troubles you and/or your family: