

Adult Checklist of Concerns

Name: _____ Date: _____

1. Please mark all of the items below that apply, and add any others at the bottom under "other concerns or issues." You may add a note or details in the space next to the concerns checked or underline the portion of the item that applies.
2. Highlight or star the top three (up to five) items that are currently the most significant and concerning to you. If applicable, please make note of when the issue or symptom started and if past/present.

- ☐ Abuse—physical, sexual, emotional/mental, spiritual, neglect (of children or elderly)
- ☐ Aggression, violence, threats
- ☐ Alcohol use (self or others)
- ☐ Adjusting/adapting poorly, difficulty with life transition
- ☐ Anger, hostility, arguing, irritability, low frustration Tolerance, outbursts
- ☐ Anxiety, nervousness, worrying
- ☐ Attention, concentration, distractibility
- ☐ Career concerns, goals, and choices
- ☐ Childhood issues (your own childhood)
- ☐ Codependency, unhealthy relationships/patterns
- ☐ Communication
- ☐ Compulsions (having to do or say certain things)
- ☐ Decision-making, indecision, mixed feelings
- ☐ Dependence
- ☐ Depression, low mood, sadness, crying
- ☐ Divorce, separation
- ☐ Drug use, prescription/OTC medications, street drugs
- ☐ Eating problems—over/under-eating
- ☐ Emptiness, numbness
- ☐ Failure
- ☐ Fatigue, tiredness, low energy
- ☐ Fears, phobias
- ☐ Financial or money troubles, debt, impulsive spending, low income
- ☐ Friendships
- ☐ Gambling
- ☐ Grieving, mourning, deaths, losses, divorce
- ☐ Guilt, Shame
- ☐ Inferiority feelings
- ☐ Hoarding, excessive collecting
- ☐ Hallucinations (hearing/feeling/seeing things not there)
- ☐ Health, illness, medical/physical concerns
- ☐ Housework/chores—quality, schedules, sharing duties
- ☐ Interpersonal conflicts, relationship problems

- ☐ Impulsiveness, loss of control, risky behavior
- ☐ Irresponsibility, Poor judgment/choices
- ☐ Confusion, disorganized thoughts
- ☐ Legal matters/involvement, charges, lawsuits
- ☐ Loneliness
- ☐ Relationship conflict, marital issues, distance/coldness, infidelity, different expectations, disappointments
- ☐ Memory problems
- ☐ Menstrual problems, PMS, menopause, perimenopause, hormonal changes
- ☐ Mood swings
- ☐ Obsessions, repeated thoughts or memories
- ☐ Oversensitivity to rejection or criticism
- ☐ Pain management, chronic pain
- ☐ Panic or anxiety attacks
- ☐ Parenting, child management, single parenthood
- ☐ Perfectionism
- ☐ Pessimism, negativity
- ☐ Procrastination, motivation issues
- ☐ School/Academic problems
- ☐ Self-esteem, Confidence, Insecurity Issues
- ☐ Self-neglect, poor self-care, poor hygiene
- ☐ Sexual issues, dysfunctions, conflicts, desire differences, other problems
- ☐ Shyness, social phobia
- ☐ Sleep problems—too much/little, insomnia, nightmares
- ☐ Spiritual, religious, moral, ethical issues
- ☐ Stress-management, tension
- ☐ Suspiciousness, distrust
- ☐ Suicidal thoughts, Hopelessness, Self-harming (cutting, burning, etc.)
- ☐ Traumatic events
- ☐ Triggers/Flashbacks
- ☐ Withdrawal, Isolation
- ☐ Work problems, difficulty keeping a job, workaholism
- ☐ Other concerns or issues:
