

Problem Identification

The exercise below is designed to help you become more aware of how you are functioning in key areas or domains of your life. Use the scoring system of 0-4, rate the degree to which you are experiencing concern or problems in any of the problem domains. You may be doing well in some areas and not so good in other areas.

0 - Not at all 1 = Slightly 2 = Moderately 3 = Considerably 4 = Extremely

Problem Area/Domain	0	1	2	3	4
Medica/health					
Alcohol/drug					
Legal					
Money/financial					
Employment/work					
Living situation					
Partener/spouse relationship					
Parenting/relationship with your children					
Family of origin relationships					
Work relationships					
Leisure/recreation					
Psychological/psychiatric					
Environmental/community					