

Adult Checklist of Concerns

Please mark all of the items below that apply, and feel free to add a note next to the checked issues. Number top three issues that concern you the most.

- Abuse—physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals
- Aggression, violence
- Alcohol use/ drug use
- Smoking and tobacco use
- Anger, hostility, arguing, irritability
- Impulsiveness, loss of control, outbursts
- Anxiety, nervousness
- Attention, concentration, distractibility
- Career concerns, goals, and choices
- Compulsions
- Custody of children
- Legal matters, charges, suits
- Decision- making
- Delusions
- Depression, low mood, sadness, crying
- Divorce/separation
- Eating problems—overeating, under-eating, appetite, vomiting
- 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
- Housework/chores
- Inferiority feelings
- Interpersonal conflicts
- Judgment problems, risk taking
- Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments
- 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
- Shyness, oversensitivity to criticism
- Sleep problems—too much, too little, insomnia, nightmares
- 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
- Withdrawal, isolating, loneliness

Work problems

Other concerns or issues:

Please look back over the concerns you have checked off and choose the top three that you most want help with.

1. _____
2. _____
3. _____

Please indicate how the three issues are affecting the following areas in your life:

	Little	Somewhat	Much	Significant	Comment
Relationship					
Family					
Job/school					
Friendship					
Physical health					
Sex					
Emotions					
Eating habits					
Finance					
Sleep					
Concentration					
Spirituality					