

Adult Checklist of Concerns

Name: _____ Date: _____

Please mark all of the items below that apply.

- Abuse – physical, sexual, emotional, neglect
- Aggression, violence
- Alcohol use
- Anger, hostility, arguing, irritability
- Anxiety, nervousness
- Attention, concentration, distractibility
- Body image, dissatisfaction with physical appearance
- Career concerns, future goals
- Childhood issues (pertaining to your 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
- Fear of gaining weight
- Fears, phobias
- Financial or money troubles, debt, impulsive spending, low income
- Friendships
- Gambling
- Grieving, mourning, deaths, losses
- Guilt
- Headaches, other kinds of pains
- Health, illness, medical concerns, physical problems
- Inferiority
- Interpersonal conflicts
- Impulsiveness, loss of control, outbursts
- Irresponsibility
- Judgment problems, risk taking
- Legal matters, charges, suits
- Loneliness
- Marital conflict, distance/coldness, infidelity/affairs, remarriage

Adult checklist of concerns (p. 2 of 2)

- Memory problems
- Menstrual problems, PMS, menopause
- Mood swings
- Motivation, laziness
- Nervousness, tension
- Obsessions, compulsions (thoughts or actions that repeat themselves)
- Oversensitivity to rejection
- Overspending
- Organizational problems
- Parenting
- Panic or anxiety attacks
- Perfectionism
- Pessimism
- Procrastination, work inhibitions
- Relationship problems
- School problems
- Self-centeredness
- Self-esteem
- Self-harm
- Self-neglect, poor self-care
- Sexual issues, dysfunctions, conflicts, desire differences, other
- Shyness
- Sleep problems, too much, too little, insomnia, nightmares
- Smoking and tobacco use
- Spiritual or religious concerns
- Stress, trouble relaxing
- Suspiciousness
- Suicidal thoughts
- Temper problems, self-control, low tolerance for frustration
- Thought disorganization and confusion
- Threats, violence
- Weight and diet issues
- Withdrawal, isolating
- Work problems, employment, workaholism/overworking, trouble keeping a job

Any other concerns or issues:

Please look back over the concerns you have checked off and choose the one that you most want help with. It is: _____