



Checklist of Concerns

Name: _____ Date: _____

Please mark all of 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.

- | | |
|---|---|
| <input type="checkbox"/> I have no problem or concern bringing me here | <input type="checkbox"/> Headaches, other kinds of pains |
| <input type="checkbox"/> Abuse—physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals | <input type="checkbox"/> Health, illness, medical concerns, physical problems |
| <input type="checkbox"/> Aggression, violence | <input type="checkbox"/> Housework/chores—quality, schedules, sharing duties |
| <input type="checkbox"/> Alcohol use | <input type="checkbox"/> Inferiority feelings |
| <input type="checkbox"/> Anger, hostility, arguing, irritability | <input type="checkbox"/> Interpersonal conflicts |
| <input type="checkbox"/> Anxiety, nervousness | <input type="checkbox"/> Impulsiveness, loss of control, outbursts |
| <input type="checkbox"/> Attention, concentration, distractibility | <input type="checkbox"/> Irresponsibility |
| <input type="checkbox"/> Career concerns, goals, and choices | <input type="checkbox"/> Judgment problems, risk taking |
| <input type="checkbox"/> Childhood issues (your own childhood) | <input type="checkbox"/> Legal matters, charges, suits |
| <input type="checkbox"/> Codependence | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments |
| <input type="checkbox"/> Compulsions | <input type="checkbox"/> Memory problems |
| <input type="checkbox"/> Custody of children | <input type="checkbox"/> Menstrual problems, PMS, menopause |
| <input type="checkbox"/> Decision making, indecision, mixed feelings, putting off decisions | <input type="checkbox"/> Mood swings |
| <input type="checkbox"/> Delusions (false ideas) | <input type="checkbox"/> Motivation, laziness |
| <input type="checkbox"/> Dependence | <input type="checkbox"/> Nervousness, tension |
| <input type="checkbox"/> Depression, low mood, sadness, crying | <input type="checkbox"/> Obsessions, compulsions (thoughts or actions that repeat themselves) |
| <input type="checkbox"/> Divorce, separation | <input type="checkbox"/> Oversensitivity to rejection |
| <input type="checkbox"/> Drug use—prescription medications, over-the-counter medications, street drugs | <input type="checkbox"/> Pain, chronic |
| <input type="checkbox"/> Eating problems—overeating, under-eating, appetite, vomiting (see also “Weight and diet issues”) | <input type="checkbox"/> Panic or anxiety attacks |
| <input type="checkbox"/> Emptiness | <input type="checkbox"/> Parenting, child management, single parenthood |
| <input type="checkbox"/> Failure | <input type="checkbox"/> Perfectionism |
| <input type="checkbox"/> Fatigue, tiredness, low energy | <input type="checkbox"/> Pessimism |
| <input type="checkbox"/> Fears, phobias | <input type="checkbox"/> Procrastination, work inhibitions, laziness |
| <input type="checkbox"/> Financial or money troubles, debt, impulsive spending, low income | <input type="checkbox"/> Relationship problems (with friends, with relatives, or at work) |
| <input type="checkbox"/> Friendships | <input type="checkbox"/> School problems (see also “Career concerns ...”) |
| | <input type="checkbox"/> Self-centeredness |
| | <input type="checkbox"/> Self-esteem |

- Gambling
- Grieving, mourning, deaths, losses, divorce
- Guilt
- Sexual issues, dysfunctions, conflicts, desire differences
other (see also "Abuse")
- Shyness, oversensitivity to criticism
- Sleep problems—too much, too little, insomnia, nightmares
- Smoking and tobacco use
- Spiritual, religious, moral, ethical issues
- Stress, relaxation, stress management, stress disorders, tension

- Self-neglect, poor self-care
- Suspiciousness, distrust
- 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,

Children and Adolescents Only:

- Affectionate
- Argues, "talks back," smart-alecky, defiant
- Bullies/intimidates, teases, inflicts pain on others, is bossy to others, picks on, provokes
- Cheats
- Cruel to animals
- Concern for others
- Conflicts with parents over rule breaking, money, chores, homework, grades, choices in music/clothes/hair/friends
- Complains
- Cries easily, feelings are easily hurt
- Dawdles, procrastinates, wastes time
- Difficulties with parent's paramour/new marriage/new family
- Dependent, immature
- Developmental delays
- Disrupts family activities
- Disobedient, uncooperative, refuses, noncompliant, doesn't follow rules
- Distractible, inattentive, poor concentration, daydreams, slow to respond
- Dropping out of school
- Drug or alcohol use
- Eating—poor manners, refuses, appetite increase or decrease, odd combinations, overeats
- Exercise problems
- Extracurricular activities interfere with academics
- Failure in school

- Fearful
- Fighting, hitting, violent, aggressive, hostile
threatens, destructive
- Fire setting
- Friendly, outgoing, social
- Hypochondriac, always complains of feeling sick
- Immature, "clowns around," has only younger playmates
- Imaginary playmates, fantasy
- Independent
- Interrupts, talks out, yells
- Lacks organization, unprepared
- Lacks respect for authority, insults, dares, provokes, manipulates
- Learning disability
- Legal difficulties—truancy, loitering, panhandling, drinking, vandalism, stealing, fighting, drug sales
- Likes to be alone, withdraws, isolates
- Lying
- Low frustration tolerance, irritability
- Mental retardation
- Moody
- Mute, refuses to speak
- Nail biting
- Nervous
- Nightmares
- Need for high degree of supervision at home
over play/chores/schedule

