COUNSELING CENTER
CHECKLIST OF CONCERNS

Name: ____________________________ Date: __________________

Please mark below all items you are concerned about. Feel free to add any others at the bottom under, "Any other concerns or issues." You may also add a note or details in the space next to the concerns checked. If an item gives you choices, circle the choice(s) that apply to you.

- Abuse perpetrator: physical, sexual, emotional, neglect (of child or elderly), cruelty to animals
- Abuse victim: physical, sexual, emotional, neglect
- Anger, hostility, arguing, irritability
- Anxiety, nervousness
- Attention, concentration, distractibility
- Career concerns, goals, and choices
- Childhood issues (your own childhood) specify:
- Children, child management, child care, parenting
- Custody of children
- Decision-making, indecision, mixed feelings, putting off decisions
- Delusions (false ideas)
- Depression, low mood, sadness, crying
- Disability, specify:
- Divorce, separation
- Domestic violence
- Drug use: prescription medications, over-the-counter medications, street drugs
- Eating problems: overeating, undereating, binge-eating, appetite, vomiting, weight
- Emptiness
- Fatigue, tiredness, low energy
- Fears, phobias
- Financial or money troubles, debt, impulsive spending, low income
- Gambling
- Grieving, mourning, losses
- Guilt
- Health, illness, medical concerns, physical problems; specify:
- Impulsiveness, loss of control
- Interpersonal conflicts
- Judgment problems, risk-taking
- Legal matters, charges, suits
- Loneliness, lack of support, lack of friends
- Marital problems, conflict, distance/coldness, infidelity/affairs, remarriage
- Memory problems
- Menstrual problems, PMS, menopause
- Mood swings
- Motivation
- Obsessions, compulsions (thoughts or actions that repeat themselves)
- Oversensitivity to rejection
- Panic or anxiety attacks
- Perfectionism
- Pessimism
- Procrastination
- Racing thoughts
- Relationship problems
- School problems
- Self-esteem, inferiority feelings
- Self-neglect, poor self-care
- Sexual issues, dysfunctions, conflicts, desire differences
- Sexual orientation
- Shyness, oversensitivity to criticism
- Sleep problems: too much, too little, insomnia, nightmares
- Smoking and tobacco use
- Stress, relaxation, stress management, tension
- Suspiciousness
- Suicidal thoughts
- Temper problems, aggression, violence, threats
- Thought disorganization and confusion
- Withdrawal, isolating
- Work problems, employment, workaholism/over-working, can't keep a job

Any other concerns or issues:

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Please look over the concerns you have checked off and choose the three concerns you most want help with. Place an "X" beside each of these concerns.

(over)