**Adult Checklist of Concerns**

Name: Click or tap here to enter text.

Date: Click or tap here to enter text.

Please mark all the items below that apply and add any other concerns at the bottom.

I have no problem or concern bringing me here

Abuse—physical, sexual, emotional, neglect

Aggression, violence

Alcohol use

Anger, hostility, arguing, irritability

Anxiety, nervousness

Attention, concentration, distractibility

Career concerns, goals, and choices

Childhood issues (your own childhood)

Codependence

Confusion

Compulsions

Custody of children

Decision making, indecision, putting off decisions

Delusions (false ideas)

Dependence

Depression, low mood, sadness, crying

Divorce, separation

Drug use—prescription, over-the-counter, street drugs

Eating problems—overeating, under-eating, vomiting

Failure

Fatigue, tiredness, low energy

Fears, phobias

Financial or money troubles, debt, impulsive spending

Friendships

Gambling

Grieving, mourning, deaths, losses, divorce

Guilt

Headaches, other kinds of pains

Health, illness, medical concerns, physical problems

Inferiority feelings

Interpersonal conflicts

Impulsiveness, loss of control, outbursts

Irresponsibility

Judgment problems, risk-taking

Legal matters, charges, suits

Loneliness

Marital conflict, infidelity/affairs, remarriage

Memory problems

Mood swings

Motivation, laziness

Nervousness, tension

Obsessions and compulsions

Oversensitivity to rejection

Panic or anxiety attacks

Parenting, child management, single parenthood

Procrastination, work inhibitions, laziness

Relationship problems (friends, family, work)

School problems

Self-esteem

Self-neglect, poor self-care

Sexual issues, dysfunctions, conflicts

Shyness, oversensitivity to criticism

Sleep problems—too much, too little, nightmares

Smoking and tobacco use

Spiritual, religious, moral, ethical issues

Stress, relaxation, stress management

Suicidal thoughts

Thought disorganization and confusion

Threats, violence

Weight and diet issues

Withdrawal, isolating

Work problems, employment, workaholic/overworking

Any other concerns or issues:

Click or tap here to enter text.

Click or tap here to enter text.

The most concerning issues: Click or tap here to enter text.