**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.