



Adult Checklist of Concerns

Rev. 9/2018

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.

- I have no problem or concern that I need help with
- Abuse (of another or others)—physical, sexual, emotional, neglect (of children or elderly), cruelty to animals
- Abuse (by another or others)—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)
- Children, child management, child care, parenting, custody
- Codependence
- Compulsive, repetitive behaviors
- Confusion
- 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 (see also "Weight and diet issues")
- Emptiness
- Excessive concern with aspects of physical appearance, perceived "defects"
- Failure
- Fatigue, tiredness, low energy
- Fears, phobias
- Feeling overly responsible
- Financial or money troubles, debt, impulsive spending, low income
- Friendships
- Gambling
- Grieving, mourning, deaths, losses, divorce
- Guilt
- Hallucinations (e.g., hearing voices)

(CONTINUED)

- Headaches, other kinds of pains
- Health, illness, medical concerns, physical problems
- Impulsiveness, loss of control, outbursts
- Inferiority feelings
- Interpersonal conflicts
- Irresponsibility
- Judgment problems, risk taking
- Legal matters, charges, suits
- Loneliness
- Marital conflict, distance/coldness, infidelity/affairs, remarriage
- Memory problems
- Menstrual problems, PMS, menopause
- Mood swings
- Motivation, laziness
- Need for symmetry, or things to be "just so"
- Nervousness, tension
- Obsessions—repeated, unwanted, intrusive, worrisome thoughts
- Oversensitivity to criticism or rejection
- Panic or anxiety attacks
- Perfectionism
- Pessimism
- Procrastination, work inhibitions, laziness
- Relationship problems
- School problems (see also "Career concerns")
- Self-centeredness
- Self-esteem
- Self-neglect, poor self-care
- 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
- Stress, relaxation, stress management, stress disorders, tension
- Suicidal thoughts
- Suspiciousness
- Temper problems, self-control, low frustration tolerance
- Thought disorganization and confusion
- Threats, violence
- Trichotillomania—pulling out hair on head, eyelashes, eyebrows, other hair
- Weight and diet issues
- Withdrawal, isolating
- Work problems, employment, workaholism/overworking, can't keep a job

Other: _____

Other: _____

Other: _____
