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## Adult Checklist of Concerns

Client Name: \_\_\_\_\_

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. (For a child, mark any of these and then complete the “Child Checklist of Characteristics.”)

- I have no problem or concern bringing me here
- Abuse—physical, sexual, emotional, neglect (of children or elderly), cruelty to animals
- 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
- Codependence Confusion Compulsions Custody of children
- 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, under eating, appetite, vomiting (see also “Weight and diet issues”) Emptiness
- Failure
- Fatigue, tiredness, low energy
- Fears, phobias
- Financial or money troubles, debt, impulsive spending, low income
- 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, distance/Neediness, infidelity/affairs, remarriage
- Memory problems
- Menstrual problems, PMS, menopause
- Mood swings Motivation, laziness Nervousness, tension
- Obsessions, compulsions (thoughts or actions that repeat themselves) Oversensitivity to rejection
- Panic or anxiety attacks
- Perfectionism
- Pessimism
- Procrastination, work inhibitions, laziness
- Relationship problems



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- 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
  - Suspiciousness
  - Suicidal thoughts
  - Temper problems, self-control, low frustration tolerance
  - Thought disorganization and confusion
  - Threats, violence Weight and diet issues Withdrawal, isolating
  - Work problems, employment, workaholic/overworking, can't keep a job

Any other concerns or issues:

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Please look back over the concerns you have checked off and choose the one that you most want help with. It is: This is a strictly confidential patient medical record. Law expressly prohibits redisclosure or transfer.