

Checklist of Concerns

Please mark all of the items below that apply.

- Abuse: verbal, emotional, physical, sexual
- Anger, hostility, arguing, irritability, temper outbursts, easily frustrated, aggression
- Alcohol, tobacco, drug use
- Anxiety, panic attacks, stress, stress management
- Attention, concentration, distracted, confusion, thought disorganization
- Career concerns
- Children, child management, child care, parenting, custody
- Chronic pain indicate where: _____
- Depression, loneliness, sadness, crying, isolation, low-energy, loss of interest
- Failure, inferiority, guilty feelings
- Fears, phobias
- Financial or money issues, debt, impulsive spending, gambling
- Friendships, interpersonal conflicts
- Grieving, death, loss, coping
- Health, illness, medical concerns
- Legal matters, charges, suits
- Men's Issues
- Marital conflict, divorce, separation, distance/coldness, infidelity/affairs, remarriage
- Personal childhood issues
- Religious issues/spirituality
- Self-esteem
- Self-harm, punishing yourself: verbally, physically (scratching, cutting)
- Sexual issues, dysfunctions, conflicts, desire differences
- Sleep: too much, too little, insomnia, nightmares
- Suicidal thoughts or actions
- Traumatic event
- Weight and diet issues, overeating, under eating, appetite, vomiting
- Women's issues
- Other concerns or issues:

Which concern would you most like help with:
