Adult Checklist of Concerns

Name:	Date:
	ee to add any others at the bottom under "Any other concerns ext to the concerns checked. (For a child, mark any of these and .")
☐ I have no problem or concern bringing me he	re
☐ Abuse—physical, sexual, emotional, neglect (of	
☐ 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, mixed feelings, put	cting 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, appe	etite, vomiting (see also "Weight and diet issues")
☐ Emptiness	
☐ Failure	
☐ Fatigue, tiredness, low energy	
☐ Fears, phobias	
☐ Financial or money troubles, debt, impulsive sp	ending, low income
☐ Friendships	
☐ Gambling	
☐ Grieving, mourning, deaths, losses, divorce	
☐ Guilt	
☐ Headaches, other kinds of pains	
☐ Health, illness, medical concerns, physical prob	ems
☐ Housework/chores—quality, schedules, sharing	duties
☐ Inferiority feelings	
	(cont.)

	Interpersonal conflicts
	Impulsiveness, loss of control, outbursts
	Irresponsibility
	Judgment problems, risk taking
	Legal matters, charges, suits
	Loneliness
	Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments
	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
	Parenting, child management, single parenthood
	Perfectionism
	Pessimism
	Procrastination, work inhibitions, laziness
	Relationship problems (with friends, with relatives, or at work)
	School problems (see also "Career concerns ")
	Self-centeredness Self-centeredness
	Self-esteem 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
	Spiritual, religious, moral, ethical issues
	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
u	Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition
Any ot	her concerns or issues:
_	
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. Redisclosure or transfer is expressly prohibited by law.