

Adult Problem Checklist

Name: _____

Date: _____

Check all the problems which trouble you. Circle the most important.

Emotional Concerns

- _____ Feeling anxious or uptight
- _____ Not being able to stop worrying
- _____ Not being able to relax
- _____ Feeling panicky
- _____ Having the same thoughts over and over
- _____ Having racing thoughts
- _____ Feeling keyed up or on the edge
- _____ Fearing something terrible is about to happen
- _____ Fearful of certain places or situations
- _____ Avoiding certain places and situations
- _____ Avoiding certain thoughts or feelings
- _____ Having strong fears
- _____ Worrying about diseases or illness
- _____ Worrying about having a nervous breakdown
- _____ Feeling out of control
- _____ Avoiding being with people
- _____ Fears of being alone or abandoned
- _____ Uncomfortable being alone
- _____ Unable to calm yourself down
- _____ Feeling guilty
- _____ Having nightmares
- _____ Flashbacks
- _____ Troubling memories
- _____ Missing periods of time – can't remember
- _____ Losing track of time
- _____ Trouble remembering things
- _____ Feeling numb instead of upset
- _____ Feeling detached from all or part of body
- _____ Feeling unreal, strange, or foggy
- _____ Feeling you are watching yourself
- _____ Feeling depressed or sad
- _____ Being unhappy all the time
- _____ Feeling worthless or a failure
- _____ Dissatisfied with physical appearance
- _____ Feeling self critical or blaming self
- _____ Having negative thoughts
- _____ Trouble making up your mind
- _____ Crying often
- _____ Having trouble concentrating
- _____ Not having enjoyment in life
- _____ Feeling the future looks hopeless
- _____ Being tired or having no energy
- _____ Loss of interest in everything
- _____ Feeling unmotivated
- _____ Feeling empty
- _____ Withdrawing inside yourself

- _____ Thinking too much about death
 - _____ Cutting or mutilating self
 - _____ Thoughts of hurting self
 - _____ Thoughts of killing self
 - _____ Having made plans to commit suicide
 - _____ Having taken steps to carry out plan
 - _____ Frequent mood swings
 - _____ Feeling resentful or angry
 - _____ Feeling irritable or frustrated
 - _____ Feeling rage
 - _____ Feeling like hurting someone
 - _____ Plans to hurt someone
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Behavioral and Physical Concerns

- _____ Not having an appetite
- _____ Eating in binges
- _____ Frequent throwing up
- _____ Self induced vomiting
- _____ Eating too much
- _____ Losing or gaining weight
- _____ Trouble Sleeping
- _____ Trouble falling asleep
- _____ Early morning awakening
- _____ Sleeping too much
- _____ Sleeping too little
- _____ Decreased need for sleep
- _____ Using alcohol too much
- _____ Being alcoholic
- _____ Using drugs
- _____ Blackouts – after drinking
- _____ Driving under the influence
- _____ Others tell me I drink too much
- _____ Smoking cigarettes or chewing tobacco
- _____ Compulsive behaviors
- _____ Spending compulsively
- _____ Frequent gambling
- _____ Restlessness
- _____ Taking too many risks
- _____ Driving recklessly or too fast
- _____ Temper outbursts
- _____ Aggressive towards others
- _____ Impulsive reactions
- _____ Not taking care of daily needs
- _____ Trouble getting self to do things
- _____ Trouble finishing things
- _____ Watching too much TV
- _____ Lack of exercise
- _____ Not having leisure activities
- _____ Working too hard

Sensory Concerns

- ___ Skipping or racing or pounding of heart
- ___ Pain, pressure or tightness in the chest
- ___ Tingling or numbness in toes or fingers
- ___ Butterflies or discomfort in the stomach
- ___ Constipation or diarrhea
- ___ Tight or tense muscles
- ___ Sweating not brought on by heat
- ___ Lump in throat
- ___ Trembling or shaking
- ___ Feeling dizzy or lightheaded
- ___ Choking or smothering sensations
- ___ Difficulty breathing
- ___ Headaches or pains in neck or back
- ___ Hot flashes or cold chills
- ___ Feeling tired, weak or easily exhausted
- ___ Nervous tics
- ___ Nausea
- ___ Often being sick
- ___ Having a chronic illness
- ___ Voices talking inside your head
- ___ Hearing voices outside your head
- ___ Visual disturbances
- ___ Seeing objects or people others don't see
- ___ Hypervigilance
- ___ Exaggerated startle response
- ___ Don't like being touched
- ___ Withdrawing inside yourself

Social Concerns

- ___ Not having anyone to share interests with
- ___ Feeling lonely
- ___ Not having close friends
- ___ Always thinking of others before self
- ___ More aware of how others feel than self
- ___ Value others opinions more than own
- ___ Fearful of disappointing others
- ___ Fearful of making others angry
- ___ Fearful of expressing negative feelings
- ___ Feeling uncomfortable talking to people
- ___ Feeling uncomfortable in social settings
- ___ Feeling inferior
- ___ Unable to state to others what you want
- ___ Easily hurt by criticism
- ___ Fears of looking foolish
- ___ Being Shy
- ___ Being taken advantage of by others
- ___ Not getting along with other people
- ___ Feeling like people are against me

- ___ Being suspicious of others
- ___ Not trusting others
- ___ Holding grudges
- ___ Don't like being told what to do
- ___ Don't like to follow rules
- ___ Being influenced by others
- ___ Feel devastated when a relationship ends
- ___ Having intense stormy relationships
- ___ Avoid conflict with others

Intimate Relationship Concerns

- ___ Feeling misunderstood in relationship
- ___ Not feeling close to partner
- ___ Trouble communicating with partner
- ___ Not trusting partner
- ___ Lack of respect by partner
- ___ Partner being secretive
- ___ Lack of fairness in relationship
- ___ Problems with dividing household tasks
- ___ Disagreeing about children
- ___ Lack of affection
- ___ Unsatisfactory sexual relationship
- ___ Lack of time together
- ___ Lack of shared interests
- ___ Lack of positive interaction
- ___ Lack of time with other couples
- ___ Jealousy in relationship
- ___ Frequent arguments
- ___ Trouble resolving conflict
- ___ Partner being demanding and controlling
- ___ Partner putting you down
- ___ Violent arguments
- ___ Emotional abuse in relationship
- ___ Physical abuse in relationship
- ___ Sexual abuse in relationship
- ___ Partner having alcohol or drug problem
- ___ Self or partner having an affair
- ___ Feeling uncommitted to relationship
- ___ Wanting to separate
- ___ Discussing separating or divorce
- ___ Problems with in-laws
- ___ Problems with ex-partner
- ___ Problems with step parents
- ___ Children having special problems

Sexual Concerns

- ___ Worrying about getting pregnant
- ___ Choice of birth control
- ___ Having an abortion
- ___ Not able to become pregnant
- ___ Not enjoying sexual affection

- Too tired to have sex
- Too anxious to have sex
- Feeling a lack of sexual desire
- Wanting to have sex more often
- Thinking about sex too often
- Feeling neglected sexually
- Feeling used sexually
- Feeling unable to have orgasm
- Being unable to sustain an erection
- Feeling negatively about sex
- Disturbing sexual thoughts
- Being troubled by sexual feelings
- Bothered by sexual preoccupations
- Sexual identity concerns
- Homosexual feelings
- Having a sexually transmitted disease

- Having emotional problems
- Having attempted suicide
- Hospitalized for emotional problems
- Previous counseling or treatment
- Prescribed psychotherapeutic medication

Stresses During the Past Several Years

- Death of family member or friend
- Birth or adoption of child
- Self or family member hospitalized
- Moved
- Being harassed or assaulted
- Frequent family or couple arguments
- Separation/divorce
- Injury or illness
- Losing or changing job
- Financial trouble
- Legal problems
- Natural disaster
- Other

Job, Career and Financial Concerns

- Not happy with career or job
- Not paid enough
- Not having a job
- Working too many hours
- Boss being critical or unfair
- Having arguments on the job
- Job having no future
- Afraid of being laid off
- Afraid of failing on job
- Being disliked by fellow workers
- Problems budgeting money
- Lending money to friends or family
- Going deeper into debt

Please state your goals for the therapy:

1. _____

2. _____

3. _____

When Growing Up to Present Time:

- Being physically abused
- Being emotionally abused
- Being sexually abused
- Having an alcoholic parent
- Having a drug abusing parent
- Having a depressed parent
- Having a parent with emotional problems
- Having parents separate or divorce
- parent or close family member dying
- Felt neglected or unloved
- Having an unhappy childhood
- Serious head injury
- Having serious medical problems
- Having trouble with the law
- Spent time in jail or on probation
- Been in combat
- Having drug or alcohol problems
- Frequent moves
- Having learning problems

Comments: