

## 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
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### 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

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### 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

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### 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

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### Sexual Concerns

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

- To tired to have sex
- To 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

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**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

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**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. \_\_\_\_\_  
\_\_\_\_\_

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**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:**