Your Family in Balance
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# Checklist of Concerns

**Name:** _____ **Date:** _____

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. Pleas look back over the concerns you have checked off and choose the one that you most want to address:

- ☐ I have no problem or concern bringing me here
- ☐ Aggression, violence
- ☐ Anger, hostility, arguing, irritability
- ☐ Attention, concentration, distractibility
- ☐ Childhood issues (your childhood)
- ☐ Codependence
- ☐ Compulsions
- ☐ Decision making, indecision, procrastination
- ☐ Depression, low mood, sadness, crying
- ☐ Drug use: prescription, over the counter, street
- ☐ Emptiness
- ☐ Fatigue: tiredness, low energy
- ☐ Financial troubles, debt, compulsive spending
- ☐ Gambling
- ☐ Guilt
- ☐ Health, illness, medical concerns
- ☐ Interpersonal conflicts
- ☐ Irresponsibility
- ☐ Legal matter, charges, suits
- ☐ Marital / Relationship conflict, distance, infidelity
- ☐ Menstrual issues, PMS, menopause
- ☐ Motivation issues
- ☐ Obsessions, compulsions: thoughts or actions
- ☐ Panic / Anxiety attacks
- ☐ Pessimism
- ☐ Relationship issues / concerns
- ☐ Self-centeredness
- ☐ Self-neglect, poor care
- ☐ Shyness, oversensitivity to criticism
- ☐ Smoking / tobacco use
- ☐ Suspiciousness
- ☐ Temper problems, self-control, low frustration
- ☐ Treats of violence: to others, to self
- ☐ Withdrawal, isolation
- ☐ Abuse: physical, sexual, emotional, neglect, cruelty to animals
- ☐ Alcohol use
- ☐ Anxiety, nervousness
- ☐ Career concerns, goals, choices
- ☐ Children, child management, child care, parenting
- ☐ Confusion
- ☐ Custody of children
- ☐ Delusions (false ideas)
- ☐ Divorce, separation
- ☐ Eating issues: overeating, underrating, vomiting, chronic diets
- ☐ Feelings of failure
- ☐ Fears, phobias
- ☐ Friendships
- ☐ Grieving, mourning, deaths, losses, divorce
- ☐ Headaches, other chronic pain
- ☐ Inferiority feelings
- ☐ Impulsiveness, loss of control, outbursts
- ☐ Judgment problems, risk taking
- ☐ Loneliness
- ☐ Memory problems
- ☐ Mood swings
- ☐ Nervousness, tension
- ☐ Oversensitivity to rejection
- ☐ Perfectionism
- ☐ Procrastination, work inhibitions
- ☐ School issues
- ☐ Self-esteem
- ☐ Sexual issues, dysfunctions, conflicts
- ☐ Sleep problems: too much, too little, nightmares, insomnia
- ☐ Stress, relaxation, stress management, tension
- ☐ Self harm / Suicidal: thoughts, plans, attempts
- ☐ Thought disorganization and confusion
- ☐ Weight / body image issues
- ☐ Work problems, employments, work overload, instability

☐ Other: Please note on reverse