

# Checklist of Concerns



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please mark all the items below that apply and feel free to add any others at the bottom under *Any other concerns or issues*. Add notes as needed. Where there are options, please circle or fill in the blank.

**\*\*Circle your top three (3) concerns\*\***

1) **Recurrent thoughts of death, suicidal thoughts, wishes to be dead:** Yes No

If yes, number of previous attempts: \_\_\_\_\_

2) **Have you had or do you have thoughts of hurting someone else, homicidal thoughts?** Yes No

3) **Delusions:** Persistent bizarre ideas, persistent thoughts or images, mind-control, mind-reading, hearing voices, other \_\_\_\_\_

4) **Medications:** \_\_\_\_\_

5) **Other Concerns:**

Abuse (emotional, financial, physical, sexual, neglect of self or others, cruelty to animals)

Addiction (alcohol, chemical, exercise, food, gambling, hoarding, phone, pornography, prescribed drugs, relationships, risk-taking, sex, shopping / spending, smoking/tobacco, social media, street drugs, television, video games, work, other \_\_\_\_\_)

Aggression

Alcohol use concerns (frequency: # \_\_\_\_ / day, frequency: # \_\_\_\_ / week, legal, relationships, work, other \_\_\_\_\_)

Anger (arguing, hostility, outbursts)

Anxiety (agitation, catastrophic thinking, insecurity, managing, over-focus / 'what if' thinking, recycled thinking, worry)

Attention, concentration, distractibility

Blended family concerns (adoption, co-parenting, custody, discipline, expectations, fostering, parenting, roles, siblings, step-parents, step-siblings)

Body image (dysmorphia, height, shape, specific body part, weight)

Career concerns, goals, job changes, and choices

Childhood / family of origin concerns (your childhood)

Codependence (excessive emotional or psychological reliance on another)

Concentration (diminished ability to think, having a lot on mind)

Compulsions (repetitive behaviors, ideas, or rules that increase tension)

Custody of children

## Checklist of Concerns

- Decision making (indecision, mixed feelings, putting off decisions)
- Dependence
- Depression (crying, emotionality, hopelessness, isolation, low mood, negative thoughts and feelings, sadness or blue mood, sleep, worthlessness, other \_\_\_\_\_)
- Discrimination (age, class, gender, political, sexuality, race, religion, other \_\_\_\_\_)
- Divorce, separation, break-up
- Drug use—prescription medications, over-the-counter medications, street drugs
- Eating problems (appetite, bingeing, dieting, food obsessions, laxatives, overeating, purging, starvation, undereating, vomiting)
- Emptiness
- Failure
- Fatigue (compassion, low energy, tiredness)
- Fears, phobias (animals, crowds, insects, flying, small spaces, weather, other \_\_\_\_\_)
- Financial or money troubles (bankruptcy, debt, under/overspending, impulsive spending)
- Friendships
- Gambling
- Gender (identity, transitioning, other \_\_\_\_\_)
- Grief (death, loss, mourning)
- Guilt
- Harassment (exploitation, sexual, workplace, other \_\_\_\_\_)
- Health (illness, medical / physical concerns: \_\_\_\_\_)
- Hoarding (persistent difficulty discarding or parting with possessions, regardless of their actual value, including animal hoarding)
- Homicidal thoughts
- Inferiority feelings
- Interpersonal conflicts
- Impulsiveness (loss of control, gambling, outbursts, setting fires, stealing, other harmful behaviors to self or others \_\_\_\_\_)
- Irresponsibility

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- Irritability
- Isolation (social withdrawal)
- Judgment problems, risk taking
- Legal matters, charges, suits (adoption, bankruptcy, custody, divorce, DWI/DUI, stalking)
- Loneliness
- Mania (euphoria, excessive behaviors and emotions, rapid thinking, recycled thoughts, risk-taking)
- Marital concerns (affairs, children, conflict, coldness, communication, different expectations, disappointments, distance, infidelity, power differentials, remarriage, roles)
- Memory problems (confusion, forgetfulness)
- Menstrual problems, PMS, menopause
- Military (deployment, reintegration)
- Mood swings
- Motivation, laziness
- Obsessions (idea or thought that continually preoccupies or intrudes on your thoughts)
- Oversensitivity to rejection
- Panic or anxiety attacks (frequency \_\_\_\_\_, generalized, situational)
- Parenting (co-parenting, custody, discipline, blended parenthood, single parenthood)
- Paranoia (people or organizations are monitoring or following you or reading your mind or controlling you)
- Perfectionism
- Pessimism
- Pornography
- Poverty / low income
- Power (abuse of position over others)
- Procrastination, work inhibitions, laziness
- Relationship concerns (affairs, children, conflict, coldness, communication, different expectations, disappointments, distance, infidelity, power differentials, remarriage, roles)
- Roles (childcare, chores, housework, schedules, division and sharing of duties, managing the household, organization, yardwork)

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- School / educational problems
  - Self-centeredness
  - Self-esteem (feelings of worthlessness, inner critic, insecure thinking, low self-worth, self-reproach)
  - Self-harm (cutting, other \_\_\_\_\_)
  - Self-neglect, poor self-care
  - Sensitivity (empath, highly sensitive, personalizations)
  - Sexual abuse (clergy, date rape, familial, incest, persons in power, stranger)
  - Sexual concerns (assault, conflicts, consent, desire differences, functioning, illness / STDs, interest decrease / increase, risk-taking, other \_\_\_\_\_)
  - Shame (self-blame, self-reproach)
  - Sleep problems (CPAP, circadian rhythm / 3<sup>rd</sup> shift, insomnia, nightmares, sleep apnea, snoring, too little / much, other \_\_\_\_\_)
  - Smoking and tobacco use
  - Social relational concerns (friends, relatives, work)
  - Shyness
  - Spirituality (religious, moral, ethical concerns)
  - Stage of life concerns (aging, empty nest, physical changes, retirement, other \_\_\_\_\_)
  - Stress, relaxation, stress management, stress disorders, tension
  - Suspiciousness
  - Temper problems, self-control, low frustration tolerance
  - Thought disorganization and confusion
  - Threats, violence
  - Torture (cultural, ethnic, political, sexual)
  - Violence (arrest due to violent behavior, including destruction of property or assault, # of arrests: \_\_\_\_\_)
  - Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition
- Anything else? \_\_\_\_\_

***Thank you!***