

Counseling Center at MHA
555 N Woodlawn, Suite #102
Wichita, KS 67208
(316) 652-2590

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 in the space next to the concerns checked. (For a child, mark any of these and then complete the "Child Checklist of characteristics".)

- I have no problem or concern bringing me here.
- Abuse – physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals
- 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, putting 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, under eating, appetite, vomiting (see also "Weight and diet issues".)
- Emptiness
- Failure
- Fatigue, tiredness, low energy
- Fears, phobias
- Financial or money troubles, debt, impulsive spending low income
- Friendships
- Gambling
- Grieving, mourning, deaths, losses, divorce
- Guilt
- Headaches, other kinds of pains
- Health, illness, medical concerns, physical problems
- Housework/chores—quality, schedules, sharing duties
- Inferiority feelings
- 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

Counseling Center at MHA
555 N Woodlawn, Suite #102
Wichita, KS 67208
(316) 652-2590

- Mood swings
- Motivation, laziness
- Nervousness, tension
- Obsessions, compulsions (thoughts or actions that repeat themselves)
- 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-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
- Work problems, employment, workaholics/overworking, can't keep a job, dissatisfaction, ambition

Any other concerns or issues

Please look back over the concerns or issues you have checked off and choose the one that you most want help with.

This is a strictly confidential patient medical record. Re-disclosure or transfer is expressly prohibited by law. RORM 29. Adult checklist of concerns. From The Paper Office. Copyright 2003 by Edward L. Zuckerman.