COMMENSA Counseling for Wellness 2612 E. Barnett Road, Medford, OR 97504 Tel: 541-326-0848

www.commensa.org Email: info@commensa.org

Adult Checklist of Concerns

| Name: | Date: |
|--|---|
| | any others at the bottom under "Any other concerns or issues." You may add a note or rk 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 | n 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 of | f decisions |
| ☐ Delusions (false ideas) | |
| ☐ Dependence | |
| ☐ Depression, low mood, sadness, crying | |
| ☐ Divorce, separation | |
| ☐ Drug use—prescription medications, over-the-counter in | nedications, street drugs |
| ☐ Eating problems—overeating, undereating, appetite, voi | |
| ☐ Emptiness | mining (see also weight and diet issues) |
| ☐ Failure | |
| ☐ Fatigue, tiredness, low energy | |
| ☐ Fears, phobias | |
| ☐ Financial or money troubles, debt, impulsive spending, | low income |
| ☐ Friendships | ion meome |
| ☐ 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, rer | narriage, different expectations, disappointments |
| ☐ Memory problems | |
| ☐ Menstrual problems, PMS, menopause | |
| ☐ Mood swings | |
| | |

| ☐ Motivation, laziness |
|--|
| □ Nervousness, tension |
| □ Obsessions, compulsions (thoughts or actions that repeat themselves) |
| Oversensitivity to rejection |
| Pain, chronic |
| ☐ 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, distrust |
| ☐ Suicidal thoughts |
| ☐ Temper problems, self-control, low frustration tolerance |
| ☐ Thought disorganization and confusion |
| ☐ Threats, violence |
| ☐ Weight and diet issues |
| · · |
| · · · · · · · · · · · · · · · · · · · |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| □ Weight and diet issues □ Withdrawal, isolating □ Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition □ Other concerns or issues: □ Weight and diet issues □ Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition □ Other concerns or issues: □ Weight and diet issues □ Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition □ Other concerns or issues: □ Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition |

Please look back over the concerns you have checked off and choose the one that you most want help with. It is: