



NATIONAL CENTER FOR PSYCHOLOGICAL SERVICES, INC.  
LICENSED CLINICAL PSYCHOLOGISTS

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### Adult Checklist of Concerns

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

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

Please mark all of the items below that apply, and feel free to add any others at the bottom.

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| <input checked="" type="checkbox"/> I have no problem or concern bringing me here   | <input type="checkbox"/> Grieving, mourning, deaths, losses, divorce  |
| <input checked="" type="checkbox"/> Abuse—physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals | <input type="checkbox"/> Guilt  |
| <input type="checkbox"/> Aggression, violence   | <input type="checkbox"/> Headaches, other kinds of pains  |
| <input type="checkbox"/> Alcohol use  | <input type="checkbox"/> Health, illness, medical concerns, physical problems   |
| <input type="checkbox"/> Anger, hostility, arguing, irritability  | <input type="checkbox"/> Housework/chores—quality, schedules, sharing duties  |
| <input type="checkbox"/> Anxiety, nervousness   | <input type="checkbox"/> Inferiority feelings   |
| <input type="checkbox"/> Attention, concentration, distractibility  | <input type="checkbox"/> Interpersonal conflicts  |
| <input type="checkbox"/> Career concerns, goals, and choices  | <input type="checkbox"/> Impulsiveness, loss of control, outbursts  |
| <input type="checkbox"/> Childhood issues (your own childhood)  | <input type="checkbox"/> Irresponsibility   |
| <input type="checkbox"/> Codependence   | <input type="checkbox"/> Judgment problems, risk taking   |
| <input type="checkbox"/> Confusion  | <input type="checkbox"/> Legal matters, charges, suits  |
| <input type="checkbox"/> Compulsions  | <input type="checkbox"/> Loneliness   |
| <input type="checkbox"/> Custody of children  | <input type="checkbox"/> Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments |
| <input type="checkbox"/> Decision making, indecision, mixed feelings, putting off decisions   | <input type="checkbox"/> Memory problems  |
| <input type="checkbox"/> Delusions (false ideas)  | <input type="checkbox"/> Menstrual problems, PMS, menopause   |
| <input type="checkbox"/> Dependence   | <input type="checkbox"/> Mood swings  |
| <input type="checkbox"/> Depression, low mood, sadness, crying  | <input type="checkbox"/> Motivation, laziness   |
| <input type="checkbox"/> Divorce, separation  | <input type="checkbox"/> Nervousness, tension   |
| <input type="checkbox"/> Drug use—prescription medications, over-the-counter medications, street drugs                              | <input type="checkbox"/> Obsessions, compulsions (thoughts or actions that repeat themselves)   |
| <input type="checkbox"/> Eating problems—overeating, undereating, appetite, vomiting (see also “Weight and diet issues”)            | <input type="checkbox"/> Oversensitivity to rejection   |
| <input type="checkbox"/> Emptiness  | <input type="checkbox"/> Pain, chronic  |
| <input type="checkbox"/> Failure  | <input type="checkbox"/> Panic or anxiety attacks   |
| <input type="checkbox"/> Fatigue, tiredness, low energy   | <input type="checkbox"/> Parenting, child management, single parenthood   |
| <input type="checkbox"/> Fears, phobias   | <input type="checkbox"/> Perfectionism  |
| <input type="checkbox"/> Financial or money troubles, debt, impulsive spending, low income  | <input type="checkbox"/> Pessimism  |
| <input type="checkbox"/> Friendships  | <input type="checkbox"/> Procrastination, work inhibitions, laziness  |
| <input type="checkbox"/> Gambling   | <input type="checkbox"/> Relationship problems (with friends, with relatives, or at work)   |
|   | <input type="checkbox"/> 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
  - Other concerns or issues: \_\_\_\_\_
- Suspiciousness, distrust
  - Suicidal thoughts
  - Temper problems, self-control, low frustration tolerance
  - Thought disorganization and confusion
  - Threats, violence
  - Weight and diet issues
  - Withdrawal, isolating
  - Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition

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**Please look back over the concerns you have checked off. Which of them is the one that you most want help with?**

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