

Concerns

Please mark any items below that apply and add any others at the bottom under "Any other concerns or issues"

- I have no problem or concern bringing me here
 - Abuse—physical, sexual, emotional, neglect, spousal
 - Addiction (internet, porn, shopping, exercise, gaming, gambling, etc.)
 - Aggression, violence
 - Alcohol use
 - Anger, hostility, arguing, irritability
 - Anxiety, nervousness
 - Appetite disturbance (more/less)
 - Argues
 - Bad or unwanted thoughts
 - Black and white thinking/All or nothing thinking
 - Blackouts
 - Blames others
 - Change in weight or appetite
 - Change in sleeping pattern
 - Chest pain
 - Childhood issues (your own childhood)
 - Concerns about dieting
 - Crying spells
 - Custody of children
 - Deaths
 - Debilitating injuries/disabilities
 - Decreased motivation
 - Defies rules
 - Depression, low mood, sadness, crying
 - Difficulty enjoying things
 - Distorted body image (believe you are heavier or less attractive than others say you are)
 - Divorce, separation
 - Drug use—prescription, OTC medications, street drugs
 - Eating problems—overeating, under eating, purging, etc
 - Easily agitated/annoyed
 - Excessive exercise
 - Excessive use of prescription medications
 - Fatigue, tiredness, low energy
 - Fear of dying
 - Fear of going crazy
 - Feeling that things around you are not real
 - Feeling that you are not real
 - Feelings of frustration
 - Feelings of hopelessness/Worthlessness
 - Feelings of shame or guilt
 - Feelings of inadequacy/Low self-esteem
 - Fertility Issues- miscarriages, difficulty conceiving, etc.
 - Financial or money troubles
 - Flashbacks/Nightmares
 - Frequent relocations
 - Gambling
 - Grieving, mourning, deaths, losses, divorce
 - Other concerns or issues:
- Health, illness, medical concerns, physical problems
 - Hearing voices/Seeing things not there
 - Heart pounding/racing
 - Homicidal thoughts or plans/Thoughts of hurting others
 - Indecisiveness about career
 - Interpersonal conflicts
 - Impulsiveness, loss of control, outbursts
 - Irresponsibility
 - Job problems
 - Legal matters, charges, suits
 - Loneliness
 - Loss of interest in activities
 - Marital conflict, distance, infidelity/affairs
 - Mood swings
 - Muscle tensions, aches, etc.
 - Negative thinking
 - Nervousness, tension
 - Obsessions, compulsions (repetitive thoughts or actions)
 - Panic or anxiety attacks
 - Paranoid thoughts/Thoughts that someone is watching you, out to get you or hurt you
 - Parenting, child management, single parenthood
 - Perfectionism
 - Phobias
 - Poor concentration/Difficulty focusing
 - Procrastination, work inhibitions, laziness
 - Psychiatric disorder
 - Racing or scrambled thoughts
 - Relationship problems (with friends, relatives, or coworkers)
 - Remarriage
 - Sadness/loss
 - Self-centeredness
 - Self-harm/Cutting/Burning yourself
 - Self-neglect, poor self-care
 - Sexual issues, dysfunctions, conflicts, desire differences
 - Sleep disturbance (more/less)
 - Spiritual, religious, moral, ethical issues
 - Stress
 - Substance abuse/dependence
 - Suspiciousness, distrust
 - Suicidal thoughts or plans/Thoughts of hurting yourself
 - Temper problems
 - Threats, violence
 - Thoughts of running away
 - Trembling/shaking
 - Unemployment
 - Unpleasant thought won't go away
 - Withdrawing or isolating from others
 - Work problem
