KATHY HIGGINS LPC LLC
CHECKLIST OF CONCERNS

Name: _____ Date: _____

Please mark all items you are concerned about. You may also add a note or details in the space next to the concerns checked. If an item gives you more than one choice, circle the choice(s) that apply to you.

- ❒ Abuse victim; physical, sexual, emotional, neglect
- ❒ Abusive behavior; physical, sexual, emotional, neglect (of child or elderly), cruelty to animals
- ❒ Alcohol use
- ❒ Anger, hostility, arguing, irritability
- ❒ Anxiety, nervousness
- ❒ Attention, concentration, distractibility
- ❒ Caregiver issues
- ❒ Career concerns, goals, and choices
- ❒ Childhood issues (your own childhood) specify:_____
- ❒ Children, child management, child care, parenting
- ❒ Custody of children
- ❒ Decision-making, indecision, mixed feelings, putting off decisions
- ❒ Defiance, bed-wetting/soiling
- ❒ Delusions (false ideas)
- ❒ Depression, low mood, sadness, crying
- ❒ Disability, specify:_____
- ❒ Divorce, separation, step-family issues
- ❒ Domestic violence
- ❒ Drug use: prescription medications, over-the-counter medications, street drugs
- ❒ Eating problems: overeating, under-eating, binge-eating, appetite, vomiting, weight
- ❒ Emptiness
- ❒ Fatigue, tiredness, low energy
- ❒ Fears, phobias
- ❒ Financial or money troubles, debt, impulsive spending, low income
- ❒ Fire setting
- ❒ Gambling
- ❒ Grieving, mourning, losses
- ❒ Guilt
- ❒ Health, illness, medical concerns, physical problems; specify:_____
- ❒ Impulsiveness, loss of control
- ❒ Interpersonal conflicts: home, work, family
- ❒ Judgment problems, risk taking
- ❒ Legal matters, charges, lawsuits, probation
- ❒ Loneliness, lack of support, lack of friends
- ❒ Mania: pressured speech, expansive or euphoric mood, racing thoughts, spending sprees, excessive activity, involvement with risky activities
- ❒ Marital problems, conflict, distance/coldness, infidelity/affairs, remarriage
- ❒ Memory problems
- ❒ Menstrual problems, PMS, menopause
- ❒ Mood swings
- ❒ Motivation
- ❒ Obsessions/Compulsions (thoughts or actions that repeat themselves)
- ❒ Oversensitivity to rejection
- ❒ Panic or anxiety attacks
- ❒ Perfectionism
- ❒ Pessimism
- ❒ Procrastination
- ❒ Racing thoughts
- ❒ Relationship problems
- ❒ Running away from home
- ❒ School problems: performance, behavior, truancy
- ❒ Self-destructive behavior: cutting, burning
- ❒ Self-esteem, inferiority feelings
- ❒ Self-neglect, poor self-care
- ❒ Sexual issues, dysfunctions, conflicts, desire differences
- ❒ Sexual orientation, GLBT issues
- ❒ Shyness, oversensitivity to criticism
- ❒ Sleep problems; too much, too little, insomnia, nightmares
- ❒ Smoking, tobacco use
- ❒ Stealing, shoplifting
- ❒ Stress, relaxation, stress management, tension
- ❒ Suspiciousness, paranoia, defensiveness
- ❒ Suicidal thoughts
- ❒ Temper problems, aggression, violence, threats
- ❒ Thought disorganization and confusion
- ❒ Withdrawal, isolating
- ❒ Work problems, employment, can't keep a job, workaholism/over-working

Any other concerns or issues

❒ _____

Please look over the concerns you have checked off and choose the **three** concerns you most want help with. Circle each of these concerns.