

The Stone Foundation--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 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
- _____ Cruelty to Animals
- _____ Custody of children
- _____ Decision making, indecision, mixed feelings, putting off decisions
- _____ Delusions (false ideas)
- _____ Dependence
- _____ Depression, low mood, sadness, crying
- _____ Disorganization
- _____ Divorce, separation
- _____ Drug use—prescription medications, over the counter medications, street drugs
- _____ Eating problems—overeating, undereating, appetite, vomiting
- _____ Emptiness
- _____ Failure
- _____ Fatigue, tiredness, low energy
- _____ Fears, phobias
- _____ Financial or money troubles, debt, impulsive spending, low income
- _____ Friendships
- _____ Gambling
- _____ Grieving, mourning, death, losses, divorce
- _____ Guilt
- _____ Headaches, other kinds of pains
- _____ Health, illness, medical concerns, physical problems
- _____ Housework/shores, quality, scheduling, sharing duties
- _____ Inferiority feelings
- _____ Interpersonal conflicts
- _____ Impulsiveness, lack of control, outbursts

- Irresponsibility
- Judgment problems, risk taking
- Legal matters, charges, suits
- Loneliness
- Marital conflict, distance/coldness, infidelity/affairs, disappointments
- Memory problems
- Menstrual problems, PMS, menopause
- Mood Swings
- Motivation, laziness
- Nervousness, tension
- Obsessions, compulsions (thoughts and actions that repeat themselves)
- Oversensitivity to rejection
- 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
- Self-centeredness
- Self-esteem
- Self neglect, poor self care, hygiene
- Sexual issues, dysfunctions, conflicts, desire differences, other (see abuse)
- Shyness, oversensitivity to criticism
- Sleep problems—too much, too little, insomnia, nightmares
- Smoking and tobacco use
- Spiritual, religious, moral and 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, workaholic, can't keep a job, dissatisfaction, ambition

Any other concerns or issues:

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