

Concern Checklist:

Listed below you will find a list of problems people commonly face. This list surveys family, academic, social, spiritual, and other problems of everyday life. Read the list carefully and circle the item(s) that are causing you the most trouble at this time. If none apply to your specific situation, please identify your concerns in the space below.

Anxiety	Sadness	Fears	Substance Use
Bad dreams/Nightmares	Afraid of hurting self	Fear of death	Difficulty quitting addiction
Being overly excited	Difficulty concentrating	Fear of the failure	Drinking too much alcohol
Difficulty relaxing	Feeling overly emotional	Fear of future	Fear of overdosing
Feeling nervous	Feeling depressed	Fear of people	Smoking too many cigarettes
Racing thoughts	Suicidal thoughts/behaviors	Irrational fears	Using drugs
Parents	Finances	Feelings	Spirituality
Difficulty talking with parents	Can't make ends meet	Feeling anxious	Afraid God will punish me
Parents constantly arguing	Can't decide on career	Feeling guilty	Confusion about God
Parents being too strict	Spending money foolishly	Feeling inferior	Feeling unaccepted by God
Parents interfering with life	Unable to find job	Feeling lonely	Failure with God
Parents Separated/Divorced	Worried about finding job	Feeling no one likes me	Feeling abandoned by God
Poor relationship with parents	Worries about money	Feeling sad	Inability to get to church
Anger	Friends	Health	Self-Esteem
Difficulty losing temper	Death of close friend	Anorexia	Being overweight
Fear that I might hurt someone	Difficulty getting close w/ others	Bulimia	Being underweight
Feeling jealous	Friend emotionally upset	Headaches	Being noticed for physical appearance
Getting into arguments	Friend attempting suicide	Lack of Energy	Eating too much
Getting into fights	Friend committing suicide	Lack of Sleep	Feeling unattractive
Hurting other's feelings	Friend with serious illness	Racing heart	Hating Self
Inability to express anger	Missing good friend(s)	Serious Illness	Identity Issues
Upset about past hurts	Picking the wrong friends	Stomachache/ulcer	Poor eating habits
Social Situations	Sexuality	School/Work	Guilt
Awkward meeting new people	Concern about sexual orientation	Difficulty with supervisor/professor	Being careless
Being criticized by others	Dating issues	Difficulties with work load	Cheating
Being left out of things	Difficulties with sexual thoughts	Feeling out of place	Feeling ashamed of something
Critical of others	Difficulty getting dates	Financial worries	Getting into trouble
Difficulty making friends	Difficulties with sexual behavior	Getting low/failing grades	Giving into temptation
Having a bad attitude	End of relationship	Performance issues	Involved in sexual relationship
Having few hobbies	Involved in bad relationship	Missing work/school due to illness	Lacking self-control
Having strong opinions	Memories of past sexual abuse	Not in right job/major	Not being honest with others
Having little/no opinions	No sexual thoughts/behaviors	Overloaded with work	Not taking things seriously
Lacking self-confidence	Questions about sex	Poor memory for work	Stealing from others
Lack of interest in activities	Uncomfortable with other sex	Poor work/study habits	Unable to stop bad habit
Uncomfortable in situations	Sexually underdeveloped	Unable to concentrate on work	Use of pornography
Wish people liked me better	Wondering about marriage	Worries about performance/grades	Unexpected Pregnancy
Family	Other	Other Continued	Other (Please specify):
Death of family member	Acting strangely	Hearing voices	
Difficulty with brother/sister	Compulsive behaviors	Involved in abusive situation	
Family member with illness	Difficulties with reality	Little or no emotion	
Family member losing job	Family history of mental illness	Loosing portions of time	
Feeling homesick	Feeling strange	Obsessive thoughts	
Poor relationship with family	Gender confusion	Self-Mutilating behaviors	

In your opinion, which of the following is most applicable (circle the number)?

1. This is a concern that would probably be resolved with one meeting. It is just a consultation or discussion to get some input from a third party. I'd like to see someone as soon as possible, but this isn't an emergency.
2. This is a concern that will probably require several sessions. I've been thinking about it for a while. I'd like to start as soon as possible (within one to two weeks).
3. This is a concern that will probably require one to several sessions. This situation is urgent, and I need to speak with a counselor within the next 24 hours.