



## Checklist of Concerns

**Please mark all of the items below that apply. You and your therapist can discuss how you want to address these issues.**

- Abuse- physical, sexual, emotional, neglect
- Acceptance of responsibility for thoughts and actions
- Anger and aggression
- Anxiety, nervousness
- Arguing, irritability
- Attention, concentration, distractibility
- Building a recovery program
- Career concerns, goals, and choices
- Childhood issues (your own childhood)
- Codependence
- Compulsions/ Compulsivity
- Confusion
- Custody of children
- Dealing with frustrations
- Dealing with reality problems effectively
- Dealing with relapse prior to onset
- Dealing with self-destructive attitudes and behaviors
- Decision making, indecision, mixed feelings, putting off decisions
- Dependency and developing interdependencies
- Depression
- Developing a healthy social life
- Developing ability to compete effectively
- Developing ability to evaluate progress
- Developing connection with religion or spirituality
- Developing expectations of self and others
- Developing new interests
- Developing tools to attain sobriety
- Developing trust
- Dishonesty with self and others
- Divorce, separation
- Drug use- prescription medications, over the counter medications, street drugs
- Eating problems- overeating, under eating, appetite, vomiting
- Employment issues
- Emptiness
- Failure
- Family situation
- Fatigue, tiredness, low energy
- Feelings of paranoia and distrust
- Friendships
- Gambling

- Grieving, mourning, deaths, losses, divorce
- Health, illness, medical concerns, physical problems
- Immaturity
- Impulsiveness, loss of control, outbursts
- Inability to express feelings
- Inferiority feelings
- Interpersonal conflicts
- Irresponsibility
- Judgment problems, risk taking
- Lack of self-confidence
- Legal problems
- Loneliness
- Low mood, sadness
- Marital conflict, distance/coldness, infidelity/ affairs, remarriage, different expectations, disappointments
- Mood swings
- Motivation, laziness
- Negativity
- Nervousness, tension
- Obsessions, compulsions
- Oversensitivity to rejection
- Panic or anxiety attacks
- Parenting, child management, single parenthood
- Perfectionism
- Personal care
- Physical problems
- Prioritizing actions
- Procrastination
- Recognizing and appropriately expressing feelings
- Relationship problems
- School problems
- Self-centeredness
- Self-esteem
- Self-neglect, poor self-care
- Sexual issues/ problems
- Shyness, oversensitivity to criticism
- Sleep problems-too much, too little
- Smoking and tobacco use
- Stress, relaxation, stress management, stress disorders, tension
- Suicidal thoughts
- Suspiciousness
- The defenses of addiction- Rationalization, Denial and Projection
- Understanding theories of addiction
- Unrealistic fears
- Unrealistic goals
- Weight and diet issues
- Withdrawal, isolating