



*New Perspectives
Through Compassionate Listening*
www.artofcounseling.org

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NAME: _____ DATE: _____

MINOR'S NAME _____

CONCERNS CHECKLIST

Check any of the following that currently apply :

- | | | |
|--|---|---|
| <input type="checkbox"/> Always Put Others Before Me | <input type="checkbox"/> Always Worried | <input type="checkbox"/> Anxious Inside |
| <input type="checkbox"/> Can't Concentrate | <input type="checkbox"/> Can't "Get Going" | <input type="checkbox"/> Can't Handle Money |
| <input type="checkbox"/> Can't Hold a Job | <input type="checkbox"/> Can't Make Decisions | <input type="checkbox"/> Can't Make Friends |
| <input type="checkbox"/> Considering Divorce | <input type="checkbox"/> Criticize Everything | <input type="checkbox"/> Crying Spells |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Difficulties at Work | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Dog Ate My Homework | <input type="checkbox"/> Don't Eat Enough | <input type="checkbox"/> Don't Get Along With Friends |
| <input type="checkbox"/> Don't Get Along With Teachers | <input type="checkbox"/> Don't Get Along With Parents | <input type="checkbox"/> Don't Get Enough Exercise |
| <input type="checkbox"/> Don't Like Being Alone | <input type="checkbox"/> Don't Like Being Around Others | <input type="checkbox"/> Don't Like Myself |
| <input type="checkbox"/> Easily Angered | <input type="checkbox"/> Eat Too Much | <input type="checkbox"/> Excessive Use of Medication |
| <input type="checkbox"/> Family Problems | <input type="checkbox"/> Fast Heartbeat | <input type="checkbox"/> Feel Like Hurting Myself |
| <input type="checkbox"/> Feel Like Hurting Someone Else | <input type="checkbox"/> Feel Like I Don't Fit In | <input type="checkbox"/> Feel Like I'm Not Good Enough |
| <input type="checkbox"/> Feel Like Smashing Things | <input type="checkbox"/> Feeling Afraid | <input type="checkbox"/> Feeling Ashamed |
| <input type="checkbox"/> Feeling Bored | <input type="checkbox"/> Feeling Confused | <input type="checkbox"/> Feeling Guilty |
| <input type="checkbox"/> Feeling Happy | <input type="checkbox"/> Feeling Inferior | <input type="checkbox"/> Feeling Lonely |
| <input type="checkbox"/> Feeling Mean | <input type="checkbox"/> Feeling Numb | <input type="checkbox"/> Feeling Panicky |
| <input type="checkbox"/> Feeling Stupid | <input type="checkbox"/> Feeling Tense | <input type="checkbox"/> Feeling Unappreciated |
| <input type="checkbox"/> Feelings Easily Hurt | <input type="checkbox"/> Fighting & Quarrelling | <input type="checkbox"/> Financial Problems |
| <input type="checkbox"/> Frequent Headaches | <input type="checkbox"/> Full of Energy | <input type="checkbox"/> Hate My Job |
| <input type="checkbox"/> I Hate All This Paperwork | <input type="checkbox"/> Impatient with People | <input type="checkbox"/> Lack of Energy |
| <input type="checkbox"/> Lacking in Confidence | <input type="checkbox"/> Legal Problems | <input type="checkbox"/> Loss of a Loved One |
| <input type="checkbox"/> Loss of Sexual Interest | <input type="checkbox"/> Loss of Weight | <input type="checkbox"/> Medical Condition |
| <input type="checkbox"/> Nausea or Vomiting | <input type="checkbox"/> Nightmares | <input type="checkbox"/> No One Understands Me |
| <input type="checkbox"/> Not Enjoying Things | <input type="checkbox"/> Not Feeling Much of Anything | <input type="checkbox"/> Obsessive Thoughts |
| <input type="checkbox"/> Overly Ambitious | <input type="checkbox"/> Overly Sensitive | <input type="checkbox"/> Poor Appetite |
| <input type="checkbox"/> Poor Physical Health | <input type="checkbox"/> Probation/Parole | <input type="checkbox"/> Problems with Drugs or Alcohol |
| <input type="checkbox"/> Problems with Children | <input type="checkbox"/> Problems with Friends | <input type="checkbox"/> Problems with School |
| <input type="checkbox"/> Problems with Spouse or Partner | <input type="checkbox"/> Put Things Off Too Long | <input type="checkbox"/> Questioning Belief System |
| <input type="checkbox"/> Relationship Problems | <input type="checkbox"/> Sexual Problems | <input type="checkbox"/> Shy with People |
| <input type="checkbox"/> Spiritual Concerns | <input type="checkbox"/> Stomach Trouble | <input type="checkbox"/> Suicidal Thoughts |
| <input type="checkbox"/> Thoughts Racing | <input type="checkbox"/> Trouble Sleeping | <input type="checkbox"/> Troubling Memories |
| <input type="checkbox"/> Unable to Have Fun | <input type="checkbox"/> Unable to Relax | <input type="checkbox"/> Very Restless |
| <input type="checkbox"/> Worried About Children | <input type="checkbox"/> Worried About Parents | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> None of the Above | <input type="checkbox"/> All of the Above | <input type="checkbox"/> Can I Go Home Now? |