

**Denver Counseling & Executive Life Coaching**  
**Problem Checklist - Confidential**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Physical**

- Excessive sleeping
- Difficulty sleeping
- Nightmares
- Excessive appetite, emotional eating
- Loss of appetite
- Weight gain
- Weight loss
- Feeling tired much of the time, fatigued
- Feeling faint, dizzy, light-headed often
- Headaches, migraines
- Stomach or abdominal pain or problems
- Panic attacks or anxiety attacks
- Binging and/or purging
- Excessive dieting
- Excessive exercise

**Mood**

- Frequent crying
- Little or no interest in previously enjoyed activities
- Low motivation
- Irritability
- Temper, anger outbursts, "short fuse"
- Thoughts of hurting or killing myself
- Excessive fears or anxiety
- Unresolved guilt
- Low self-worth; feeling of inferiority, inadequacy
- Excessive emotion of \_\_\_\_\_
- Lack of emotion

**Thought Patterns**

- Problems concentrating or remembering
- Flashbacks or ruminating of past unsettling events
- Odd behavior/thoughts
- Racing or obsessive thoughts
- Periods of time where I have no memory
- Hallucinations – Audio or Visual
- Excessive fear of weight gain
- Excessive fear of germs
- Excessive fear that someone is "out to get me"

**Behavior**

- Hyperactivity
- Breaking objects or property out of anger
- Compulsive behaviors, i.e. hand-washing, turning off and on light switches, counting steps, etc.
- Cutting on my arms, legs or other body parts

**Substance Abuse**

- Alcohol Abuse
- Marijuana
- Cocaine or Crack
- Heroin - Opiates
- LSD
- Inhalants
- Prescription Drug Abuse
- Cigarette Smoking (you consider problematic)
- Other: \_\_\_\_\_

**Social / Relational**

- Feeling socially isolated; Have no or few friends
- Relationships seem to lack depth of connection
- Frequent arguments/conflicts with others
- Shyness; anxiety in social environments
- Codependency: compulsion to fix/help others

- Emotional & relational dependency
- Loss of a significant relationship
- Problems relating to the opposite sex; dating
- Difficulty with authority figures
- Other: \_\_\_\_\_

**Marital/Relationship Problems;**

- Infidelity
- Emotional affairs
- Frequent conflict over \_\_\_\_\_
- Lack of relational or sexual intimacy
- Disagreements over child-raising
- Disagreements over finances
- Disagreements over handling in-laws
- Other problems \_\_\_\_\_

**Sexual**

- Lack of sexual interest
- Excessive sexual desire/activity
- Guilt over sexual behavior
- Sexual addiction
- Sexually transmitted diseases
- Sexual dysfunction
- Gender identity confusion
- Addiction to pornography or masturbation
- Prostitution
- Other sexual problems: \_\_\_\_\_

**Abuse**

- Sexual abuse (or question whether you have)
- Physical abuse or domestic violence
- Emotional abuse
- Rape or date rape
- Ritualistic cult abuse
- Spiritual abuse – Using religion to control you

**History of Trauma:**

- Childhood loss/trauma: \_\_\_\_\_
- Victim of crime
- Natural disasters trauma
- War PTSD
- Car accident & other types of accidents
- Medical procedures trauma

**Financial/Work Problems**

- Loss of job or income
- Excessive debt
- Lack of adequate financial resources
- Gambling addiction
- Conflicts with co-workers, boss
- Unhappiness with current career/job

**Spiritual**

- Confusion or turmoil about spiritual beliefs
- Excessive guilt or shame over actions
- Conflicts with significant others over beliefs
- Difficulty with issues of forgiveness-self or others
- Strange attacks or experiences

**Self:**

- Feelings of inferiority, inadequacy, insecurity
- Feeling unloved, unimportant to others
- Feeling unworthy, low self-esteem
- Self-hatred, contempt
- Pressure to perform to feel good about self
- Destructive habits: \_\_\_\_\_
- Personal struggles with \_\_\_\_\_
- Past trauma: \_\_\_\_\_

**Anything Else?**

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