

Adult Information Checklist

Client Name: _____ Date: _____

PLEASE COMPLETE THE FOLLOWING CHECKLIST TO HELP US EVALUATE WHAT SERVICES WE MAY BE ABLE TO OFFER YOU. FEEL FREE TO ADD ANY INFORMATION THAT YOU FEEL WOULD BE HELPFUL.

Behaviors

- Overeat
- Loss of control
- Phobic avoidance
- Crying
- Taking drugs
- Drink too much
- Suicide attempts
- Spend too much money
- Outbursts of temper
- Unassertive
- Compulsions
- Can't keep a job
- Smoke
- Insomnia
- Sleep disturbance
- Withdrawal
- Take too many risks
- Work too hard
- Lazy
- Nervous tics
- Procrastination
- Concentration difficulties
- Eating problems
- Impulsive reactions
- Aggressive behavior

Feelings

- Angry
- Fearful
- Happy
- Hopeful
- Bored
- Optimistic
- Annoyed
- Panicky
- Conflicted
- Helpless
- Restless
- Tense
- Sad
- Energetic
- Shameful
- Relaxed
- Lonely
- Depressed
- Envious
- Regretful
- Jealous
- Anxious
- Guilty
- Hopeless
- Unhappy
- Excited
- Others

Physical Sensations

- Stomach trouble
- Bowel disturbances
- Nausea
- Hear things
- Tingling
- Menstrual difficulties
- PMS
- Numbness
- Flushes
- Headaches
- Dizziness
- Tics
- Skin problems
- Palpitations or rapid heartbeat
- Fatigue
- Muscle spasms
- Muscle tension/unable to relax
- Fainting spells
- Excessive sweating
- Others

IMAGES – Check all that you see yourself as:

- Being happy
- Being talked about
- Being trapped
- Being hurt
- Being aggressive
- Not coping well
- Being helpless
- Being out of control
- Being promiscuous
- Succeeding
- Failing
- Hurting others
- Being a leader
- Being a follower
- Easily taken advantage of

THOUGHTS - Check all that you might use to describe yourself:

- Intelligent
- Confident
- A nobody
- Inadequate
- Useless
- Confused
- Worthwhile
- Ambitious
- Sensitive
- Unattractive
- Stupid
- Can't make decisions
- Naïve
- Loyal
- Considerate
- Trustworthy
- Full of regrets
- Honest
- Incompetent
- Poor memory
- Attractive
- Persevering
- Good sense of humor
- Horrible thoughts
- Hardworking
- Unlovable
- Undesirable
- Lazy
- Dishonest
- A loner
- Outgoing
- Hyperactive