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Psychotherapy, Individual, Couple & Family Consultation

The Marinwood Professional Center, 2400 Las Gallinas Avenue, Suite 160, San Rafael, CA 94903
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Adult Checklist of Concerns

Please mark all of the items below that apply and add any others at the bottom under “Any other concerns or issues.” You may add a note or details in the space next to the concerns checked.

- I have no problem or concern bringing me here
- Abuse—physical, sexual, emotional, neglect
- Aggression, violence
- Alcohol use
- Anger, hostility, arguing, irritability
- Anxiety, nervousness
- Attention, concentration, distractibility
- Career concerns, goals, and choices
- Childhood issues (your own childhood)
- Confusion
- Compulsions
- Custody of children
- Decision making, indecision, mixed feelings, putting off decisions
- Delusions (false ideas)
- Dependence
- Depression, low mood, sadness, crying
- Divorce, separation
- Drug use—prescriptions, over-the-counter medications, illegal drugs
- Eating problems—overeating, undereating, appetite, vomiting
- Emptiness
- Failure
- Fatigue, tiredness, low energy
- Fears, phobias
- Financial or money troubles, debt, impulsive spending, low income
- Friendships
- Gambling
- Grieving, mourning, deaths, losses, divorce
- Guilt
- Headaches, other kinds of pains
- Health, illness, medical concerns, physical problems
- Housework/chores—quality, schedules, sharing duties
- Inferiority feelings

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- Interpersonal conflicts
- Judgment problems, risk-taking
- Legal matters, charges, suits
- Loneliness
- Marital conflict, distance, infidelity, remarriage, disappointments
- Memory problems
- Menstrual problems, PMS, menopause
- Mood swings
- Motivation, difficulty completing tasks
- Nervousness, tension
- Obsessions, compulsions (repetitive thoughts/actions)
- Panic or anxiety attacks
- Parenting, child management
- Perfectionism
- Pessimism
- Procrastination, work inhibitions
- Relationship problems (friends, relatives, work)
- School problems
- Self-esteem
- Self-neglect, poor self-care
- Sensitivity to rejection
- Sexual issues, problems, conflicts, desire differences
- Shyness, social anxiety
- Sleep problems—too much, too little, insomnia, nightmares
- Smoking and tobacco use
- Spiritual, religious, moral, ethical issues
- Stress, relaxation, stress management, tension
- Suspiciousness
- Suicidal thoughts
- Thought disorganization and confusion
- Threats, violence
- Withdrawal, isolating
- Work problems, employment, overworking, difficulties maintaining a job, dissatisfaction, ambition

Please look back over the concerns you have checked off and circle the three items with which you most want help.