

**West Seattle Psychotherapy**  
**Individuals: Adults, Adolescents, & Children Counseling**  
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**Checklist of Concerns**

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

- I have no problem or concern bringing me here
- Abuse - physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals
- Aggression, violence
- Alcohol use
- Anger, hostility, arguing, irritability
- Anxiety, nervousness
- Attention, concentration, distractibility
- Career concerns, goals, and choices
- Childhood issues (your own childhood)
- Codependence
- Confusion
- Compulsion
- Custody of children
- Decision-making, indecision, mixed feelings, putting off decisions
- Delusions (false ideas)
- Dependence
- Depression, low mood, sadness crying
- Divorce, separation
- Drug use - prescription, over-the-counter, street drugs
- Eating problems - overeating, under eating, 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 pain
- Health, illness, medical concerns, physical problems
- Housework/chores-quality, schedules, sharing duties
- Inferiority feelings

- Interpersonal conflicts
- Impulsiveness, loss of control, outbursts
- Irresponsibility
- Judgment problems, risk taking
- Legal matters, charges, suits
- Loneliness
- Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments
- Memory problems
- Menstrual problems, PMS, menopause
- Mood swings
- Motivation, laziness
- Nervousness, tension
- Obsessions, compulsions (thoughts or actions that repeat themselves)
- Oversensitivity to rejection
- Panic or anxiety attacks
- Parenting, child management, single parenthood
- Perfectionism
- Pessimism
- Procrastination, work inhibitions, laziness
- Relationship problems
- School problems (see also "Career Concerns")
- Self-centeredness
- Self-esteem
- Self-neglect, poor self-care
- Sexual issues, dysfunctions, conflicts, desire differences, other (see also "Abuse")
- Shyness, oversensitivity to criticism, social anxiety
- Sleep problem - too much, too little, insomnia, nightmares
- Smoking and tobacco use
- Spiritual, religious, moral, ethical issues
- Stress, relaxation, stress management, stress disorders, mental and physical tension
- Suspiciousness
- Suicidal thoughts
- Temper problems, self-control, low frustration tolerance
- Thought disorganization and confusion
- Threats, violence
- Thought disorganization and confusion
- Weight and diet issues
- Withdrawal, isolating
- Work problems, employment, workaholic/overworking, can't find a job, dissatisfaction, ambition

**Any other concerns or issues:**

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**Please look back over the concerns you have checked off and choose the one that you most want help with now. It is:** \_\_\_\_\_

*This is a strictly confidential healthcare record. Re-disclosure or transfer is expressly prohibited by law.*