

Problem Checklist

Check the box that best describes how much of a problem each item is for you. If you have trouble knowing if a situation is a problem, imagine yourself in that situation. Do you feel angry, depressed, sad, confused, anxious? Have you tried to solve the problem unsuccessfully?

Your Name: _____ Date: _____

	None	Mild	Serious	Severe
HEALTH				
Difficulty sleeping				
Weight problems				
Feeling physically tired and run down				
Stomach trouble				
Chronic physical problem(s)				
Difficulty getting up in the morning				
Diet and nutrition				
Other:				
FINANCES				
Difficulty making ends meet				
Insufficient money for basic needs				
Increasing amounts of debt				
Unexpected expenses				
Too little money for hobbies or recreation				
No steady source of income				
Too many financial dependents				
Other:				
WORK				
Work monotonous or boring				
Poor relations with boss or supervisor				
Rushing and under stress				
Wanting a different job or career				
Needing more education or experience				

Use this space to say more about any item:

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	None	Mild	Serious	Severe
Afraid of losing job				
Not getting along with coworkers				
Unemployed				
Unpleasant work conditions				
Needing more freedom at work				
Other:				
LIVING SITUATION				
Bad neighborhood				
Too far from school or work				
Too small				
Unpleasant conditions				
Things need repair				
Poor relationship with landlord				
Other:				
SOCIAL RELATIONSHIPS				
Too little contact with the opposite sex				
Feeling lonely				
Not getting along with certain people				
A failed or failing love affair				
Feeling left out				
Lack of love and affection				
Vulnerable to criticisms of others				
Wanting more closeness to people				
Not understood by others				
Not really knowing how to converse				

<i>Use this space to say more about any item:</i>

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	None	Mild	Serious	Severe
Not finding the right mate				
Other:				
RECREATION				
Not having enough fun				
Not good at sports or games				
Too little leisure time				
Wanting more chance to enjoy art or self-expressions				
Little chance to enjoy nature				
Wanting to travel				
Needing a vacation				
Can't think of anything fun to do				
Other:				
FAMILY				
Feeling rejected by family				
Discord at home with mate				
Not getting along with one or more children				
Feeling trapped in painful family situation				
Insecure—feeling afraid of losing mate				
Unable to be open and honest with family members				
Wanting sexual contact with someone other than mate				
Conflict with parents or inlaws				
Having different interests from mate				
Interference by relatives				
Marriage breaking up				
Children having problems at school or with law				

Use this space to say more about any item:

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	None	Mild	Serious	Severe
Sick family member				
Excessive quarreling at home				
Anger, resentment toward mate				
Irritated with habits of a family member				
Worried about a family member				
Other:				
PSYCHOLOGICAL				
Having a particular bad habit				
Religious problems				
Problems with a person in authority				
Competing goals or demands				
Wanting distant or hard to reach goals				
Lacking motivation				
Feeling very depressed at times				
Feeling nervous at times				
Feeling blocked from attaining goals				
Feeling angry often				
Worrying				
Other:				

<i>Use this space to say more about any item:</i>