

Covenant Counseling



212 W. Wackerly Rd. Suite 200
 Midland, MI 48640
 Phone: (989) 835-8344 FAX: (989) 837-8655
 Web: CovenantCounseling.net

Counseling Problem Checklist

Name: _____

Age: _____ Date filled out: _____

Check any of the following problems that you experience:

Depression	Feeling that you are not real
Low energy	Feeling that things around you are not real
Low self-esteem	Lose track of time
Poor concentration	Unpleasant thoughts won't go away
Hopelessness	Anger management/frustration
Worthlessness	Easily agitated/annoyed
Guilt	Difficulty with rules/submitting to authority
Sleep disturbance (more/less)	Habit blaming others
Appetite disturbance (more/less)	Tend to argue & be defensive
Thoughts of hurting yourself	Excessive use of drugs and/or alcohol
Thoughts of hurting someone	Excessive use of prescription medications
Isolation/social withdrawal	Blackouts
Sadness/loss	Physical abuse issues
Stress	Sexual abuse issues
Anxiety/panic	Spousal abuse issues
Heart pounding/racing	Loneliness
Chest pain	Nightmares
Trembling/shaking	Intrusive thoughts
Sweating	Headaches
Chills/hot flashes	Sexual problems
Tingling/numbness	Suicidal thoughts
Fear of dying	Relationship problems
Nausea/Stomach Problems	Difficult relaxing
Phobias	Compulsive behaviors
Obsessive thoughts	Marital/family problems
Thoughts racing	Poor impulse control
Can't hold onto an idea	Confusion
Easily agitated	Difficulty trusting
Excessive behaviors (spending, gambling)	Not thinking clearly/confusion
Delusions/hallucinations	Spiritual Issues:
Other problems/symptoms:	Pain (where):