

Counseling History

When: _____ Counselor(s): _____

Reason: _____

Reason for counseling now: _____

Requesting: Individual Counseling _____ Couples Counseling _____ Group _____ Family _____ Consultation _____

PRESENT CONCERNS

Check all that apply

- Abuse- I am needing to address concerns related to physical abuse, sexual abuse, verbal (emotional) abuse and / or neglect
- Addiction
- Aggression, violence
- Alcohol use
- Anger, hostility, arguing, irritability
- Anxiety, nervousness
- Attention, concentration, distractibility
- Career concerns, goals, and choices
- Childhood issues (your own childhood)
- Children, childcare, parenting
- Codependence – unhealthy attachments
- Confusion
- Compulsions, addictions
- Decision-making, indecision, mixed feelings, putting off decisions
- Delusions (false ideas)
- Dependence
- Depression, low mood, sadness, crying
- Divorce, separation
- Doubts – Spiritually, Relationally, Self
- Drug use—prescription medications, over-the-counter medications, street drugs
- Emptiness
- Failure
- Fatigue, tiredness, low energy
- Fears, phobias
- Financial or money troubles, debt, impulsive spending, low income
- Forgetfulness
- Friendships
- Gambling
- Grieving
- Guilt
- Headaches and other pain
- Health, illness or medical concerns
- Inferiority feelings
- Interpersonal conflicts
- Internet Addiction
- Impulsiveness, outbursts
- Irresponsibility
- Judgment problems, risk taking
- Legal matters, charges, lawsuits
- Loneliness
- Marital conflict, distance/ affairs/ infidelity/ remarriage
- Memory problems
- Menstrual problems, PMS
- Menopause
- Mood swings
- Motivation, laziness
- Nervousness, tension
- Obsessions, compulsions (thoughts or actions that repeat themselves)
- Over sensitivity to rejection
- Panic or anxiety attacks
- Perfectionism
- Pessimism
- Procrastination, work inhibitions, laziness
- Relationship problems
- School problems
- Self-centeredness
- Self-esteem
- Self-neglect, poor self-care
- Sexual issues, dysfunctions, conflicts, desire differences
- Sex addiction, pornography
- Shyness, over sensitivity to criticism
- Sleep problems—too much, too little, insomnia, and nightmares
- Smoking and tobacco use
- Stress, relaxation, stress management, tension
- Suspiciousness
- Suicidal thoughts
- Temper problems, self-control, low frustration tolerance
- Traumatic Events
- Thought disorganization and confusion
- Threats, violence
- Weight and diet issues
- Withdrawal, isolating
- Work problems, employment Workaholism / overworking,
- Other: