

Symptom Checklist

Make a small check next to all that apply

Family Context:

Partner Relationship Strain
Separation/Divorce
Parent Relationship Issues
Sibling Relationship Issues
Family Member
 Injury/Illness/Death
Loss of Job
New Job/School
Move to new home
Parental Discord
Parent separation or divorce

School/Work Context:

Dislikes teachers/co-workers
Dislikes school/job
Being excluded/harassed
Bored
Inattentive
Disorganized
Defiant
Lack of friends
Peer relationship issues
Academic Difficulty

Problematic Behavior:

Drug abuse
Alcohol abuse
Eating (stressful/complicated)
Over-Exercising
Impulsive
Aggressive
Self-harming
Lack of physical boundaries
Self-isolating

(Continued)

Poor self-care
Sexual acting out behavior
Anxious/worried
 List the main themes of anxiety:

Social Media Use
Defiant
Procrastination
Perfectionism
Cleaning
Nightmares
 (how often, how severe)

Up in the night
 (how often?)

What else should I know?

Who else is concerned?