Common Presenting Issues Brought to Therapy
Check all that

General Issues

- ☐ Relationship discord
- ☐ Perfectionism
- ☐ Performance anxiety
- ☐ Chronic pain
- ☐ Unexplained pain
- ☐ Stress reduction
- ☐ Parenting problems
- ☐ Phase of life adjustments
- ☐ Spiritual / religious issues
- ☐ Grief / loss
- ☐ Self-esteem
- ☐ Codependency
- ☐ Childhood trauma
- ☐ Sexual trauma
- ☐ PTSD
- ☐ Blended families
- ☐ Procrastination
- ☐ Marital / relationship / friendships
- ☐ Divorce / separation
- ☐ Sexual / intimacy issues
- ☐ Problems with boundaries
- ☐ OCD / phobias / fears
- ☐ Postpartum depression
- ☐ Medical trauma
- ☐ Terminal / chronic illness
- ☐ Loneliness / lack of connection
- ☐ Other: _____
- ☐ Other: _____

Distressing, Disturbing, or Traumatic Event / Memory

- ☐ A Recent distressing or disturbing event
  - ☐ _____
  - ☐ _____
- ☐ A past distressing, disturbing or, traumatic event
  - ☐ _____
  - ☐ _____
- ☐ An aspect of a memory
  - ☐ _____
- ☐ An aspect of an event
  - ☐ _____

General Symptoms

Uncontrollable or Distressing Emotions

- ☐ Anger
- ☐ Sadness / depression
- ☐ Fears / Worries (Anxiety)
- ☐ Numbness / dissociation

Negative Beliefs

- ☐ About self
- ☐ About others
- ☐ About the world

Cognition

- ☐ Difficulties with concentration
- ☐ Intrusive, distressing or unwanted thoughts
- ☐ Uncontrollable worries / rumination
- ☐ Inability to focus
- ☐ Mind fog

Somatic

- ☐ Chronic / unexplained pain
- ☐ Migraine
- ☐ Sleep disruptions
- ☐ Flashback / re-experiencing
- ☐ Nightmares
- ☐ Panic attacks
- ☐ Body / muscle tension
- ☐ Inability to relax
- ☐ Hypervigilance / on guard
- ☐ Numbness
- ☐ Dissociation

Behavioral Responses

- ☐ Avoidance
  - ☐ Avoiding certain people
  - ☐ Avoiding certain places
  - ☐ Avoiding certain emotions
  - ☐ Avoiding certain situations
  - ☐ Avoiding Certain topics
  - ☐ Isolation from others
  - ☐ Shutdown / Freeze
  - ☐ Need to be busy all the time
- ☐ Urges / Compulsions
  - ☐ Phobias / fears
  - ☐ Compulsions
- ☐ Uncontrollable Anger:
  - ☐ Yelling
  - ☐ Screaming
  - ☐ Physical destruction
  - ☐ throwing objects

	☐ Controlling behaviors ☐ Physical altercations ☐ Making threats ☐ Numbing /distraction responses ☐ Excessive Drug/Alcohol use ☐ Over/Under eating ☐ Tobacco ☐ Over/under working ☐ Over exercising ☐ Spacing Out / Zoning out ☐ Excessive social media ☐ Excessive gaming ☐ Issues with Porn ☐ Excessive Screen / TV ☐ Self-Harm ☐ Hair pulling ☐ Skin picking ☐ Cutting ☐ Suicidal ideations ☐ Suicidal threats ☐ Uncontrollable Emotions ☐ Uncontrollable sobbing ☐ Uncontrollable Fears ☐ Micro-managing ☐ Need to control (situations, people) ☐ Over planning (rigidity) ☐ Procrastination ☐ Reassurance Seeking ☐ Partner ☐ Friends ☐ Medical ☐ Other:_____ ☐ People Pleasing ☐ Partner ☐ Friends ☐ Other:_____
How is/are the general issue(s) impacting my present day functioning? ☐ Interpersonal relationships ☐ Work / school ☐ Parenting ☐ Home ☐ Social situations ☐ Friendships ☐ My perceptions / thoughts about myself	**How is/are the symptom (s) impacting my present day functioning?** ☐ Interpersonal relationships ☐ Work / school ☐ Parenting ☐ Home ☐ Social situations ☐ Friendships ☐ My perceptions / thoughts about myself