

## **Checklist of Issues to Address**

(Bring to your first therapy session. If your issue isn't listed, please write it in on page 2.)

- Addictions
- Alcoholism and Recovery
- Aging
- Anger
- Anxiety (such as phobias, panic attacks, social anxiety and shyness)
- Arguments (how to stop them)
- Attention Deficit Hyperactivity Disorder (ADHD) coping skills
- Being Single
- Betrayal
- Cannabis Dependence
- Chronic Pain
- Codependency
- Confusion
- Commitment Ambivalence
- Communication Problems
- Creative Block
- Defensiveness
- Depression
- Denial
- Drinking too much
- Estrangement from Significant Others
- Financial Concerns
- Finding Yourself
- Forgiveness (of self or others)
- Goals (setting and achieving them)
- Grief and Loss
- Guilt
- Higher Power
- Identity Issues
- Illness
- Indecisiveness
- Individuation
- Infidelity
- Insecurity
- Integrity
- Intuitive Sensitivity
- Lack of Passion
- Laziness
- Life Balance

- Loneliness
- Lying
- Mindfulness
- Mood Disorders
- Narcissism
- Partying
- Perfectionism
- Personality Disorders\*
- Personal Fulfillment
- Procrastination
- Recovery from Addictions
- Rekindling Romance
- Relationships
- Sadness
- Self-Confidence
- Self-Discovery
- Self-Esteem
- Shame
- Social Skills
- Spiritual and Religious Concerns
- Stress
- Stubbornness
- Transitions
- Trust
- Values (how to live them)
- Vocation and Work
- Worrying
- Writer's Block