

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
- ___ 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