

PERSONAL PROBLEMS CHECKLIST FOR TEENS

NAME _____ AGE _____

DATE _____

I am coming to counseling because:

- I got into trouble with school or the law my parents are making me
 I want to be here for myself I'm not really sure why I'm here

When it comes to my friends, the biggest problems I have are:

- not getting along with them feeling like I don't fit in
 feeling like others are against me I'm too shy
 they take advantage of me they pressure me to do the wrong thing
 I don't have close friends I feel inferior

The way I feel about the way I look is:

- I'm too fat I'm too thin
 I'm too tall or too short I don't have the right clothes
 I'm not attractive I'm satisfied

When it comes to my family I:

- feel embarrassed by them I get along better with one parent than the other
 there's too much fighting I can't talk to my parents
 I feel my parents don't care about me my parents interfere with my decisions
 my parents hassle me too much my parents' divorce has caused too many problems
 I don't get along with my siblings my parents favor my sibling(s) over me
 someone at home is sick alcohol or drug use causes problems

I don't have enough privacy

too much is expected of me

I'm embarrassed by our house

there is physical or sexual abuse at home

I sometimes want to run away

our relatives cause problems

As far as school is concerned:

I feel unmotivated/bored

I get anxious about it

I get bad grades

I get in too much trouble there

Some of the things I worry about are:

diseases or illnesses

what will happen to me in the future

what God thinks of me

that I might be losing my mind

I can't concentrate

I feel sad all the time

having nightmares

that I can't enjoy things

that I might hurt myself

Having no energy

When it comes to dating I:

feel uncomfortable with the opposite sex

can't get a date

have problems with my boyfriend/girlfriend

recently broke up with someone

worry about getting pregnant

think about sex too much

feel attracted to my same sex

feel pressured to have sex

don't know enough about sex

wish I could talk to someone about it

Some things about myself that bother me are:

I don't eat enough

I eat too much

I have problems sleeping

I drink or use drugs

I smoke or chew tobacco

I don't get any exercise

I watch too much TV

I'm online too much

I don't have any hobbies

I have too many physical problems

Some of the hardest things I've had to live through are:

a friend or family member dying who? _____

the death of a pet how long ago? _____

a friend or family member committing suicide who? _____

one of my siblings having emotional problems

someone in my family having legal problems

my parents' divorce

adjusting to a step-parent and/or step-siblings

having to move

living far away from one of my parents

being in trouble with the police/law

being physically or sexually abused

big changes in finances in our house

Some other things I think my counselor should know about my life are:
