

RONALD FOX & ASSOCIATES
PROBLEM CHECKLIST - ADOLESCENT

Date: _____

Name: _____ Age: _____ Date of Birth: _____

On the following pages, you will find a list of problems which people commonly face. This list surveys dating, school, attitudes, and other areas of everyday life.

Read the list carefully and make a check next to each problem that you are now having. Circle those problems that you feel are the worst or cause you the most trouble at this time.

Remember, there are no correct or incorrect answers. Do your best to answer each item on the list as honestly as you can.

If you are having problems not listed on the following pages, please write them on the bottom of the last page. Your answers will only be discussed with your counselor.

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PROBLEM CHECKLIST - ADOLESCENT

Problems

- not getting along with other people
- being criticized by others
- not fitting in with peers
- feeling uncomfortable in social settings
- having a bad reputation
- feeling immature
- being suspicious of others
- being shy
- not having close friends
- being taken advantage of by friends
- not having anyone to share interests with
- feeling lonely
- being unpopular
- being uncomfortable when talking to people
- feeling inferior
- feeling like people are against me
- being embarrassed by family background
- being let down by friends
- feeling different from everyone else
- feeling pressured to do the wrong thing
- being overweight
- being too short or too tall
- having a physical handicap
- being too thin
- looking too young or too old
- being noticed for physical appearance
- looking too plain
- feeling clumsy and awkward
- not being clean and well groomed
- not having the right clothes
- having an unattractive face
- having scars
- having facial blemishes
- not being well-developed
- having a poor attitude about everything
- not having any interest in things
- having a recent change in attitude
- not listening to the opinions of others
- having no opinions about anything
- having different opinions than others
- not understanding the attitudes of others
- having a poor attitude toward religion
- not wanting to live at home

Problems

- having a poor attitude toward school
- having a poor attitude toward work
- having a poor attitude toward family
- having a poor attitude toward self
- father or mother being sick
- father or mother having emotional problems
- father or mother having problems with drugs
- father or mother having problems with alcohol
- parents fighting or arguing
- parents being separated or getting a divorce
- parents being divorced
- having problems with a step-parent
- parents never being home
- not being able to talk to parents
- parents being too strict
- parents interfering with decisions
- parents expecting too much
- parents disapproving of boyfriend/girlfriend
- parents disapproving of friends
- parents disapproving of job
- parents disapproving of clothes or appearance
- parents disapproving of dating
- parents disapproving of music
- parents disapproving of activities
- parents favoring brothers or sisters
- being ignored by parents
- brother or sister being sick
- brother or sister having emotional problems
- brother or sister having problems with drugs
- brother or sister having problems with alcohol
- being physically abused at home
- being sexually abused at home
- arguing with brother or sister
- brother or sister stealing
- being bothered by brother or sister
- family fighting or arguing
- having problems with relatives
- not having any privacy
- having to do household chores
- not feeling close to family
- family not having enough money
- not getting along with neighbors
- worrying about being accepted by God

Problems

- home being dirty or run down
- family having a bad reputation
- living in a bad neighborhood
- not being allowed to drive
- not being allowed to use the car
- not being allowed to buy a car
- wanting to run away from home
- getting bad grades
- not getting along with teachers
- deciding on the right course of study
- not having good study habits
- not having a place to study
- taking the wrong classes
- not being interested in clubs or teams
- not qualifying for clubs or teams
- not having close friends at school
- school being too large
- missing school because of illness
- not understanding class materials
- not getting along with other students
- feeling out of place in school
- not being interested in school
- having a language problem in school
- being in the wrong school
- teachers not being interested in students
- being bored in school
- getting in trouble in school
- school being too far from home
- worrying about future job or college
- budgeting money
- not making enough money
- not having a steady income
- having to spend savings
- owing money
- wasting money
- depending on others for money
- lending money to friends or family
- having to give money to parents
- not having enough money to date
- not having gas money
- not having money for clothes
- feeling guilty about religion
- not having any religious beliefs
- arguing with parents about religious beliefs
- being confused about religious beliefs
- failing in religious beliefs

Problems

- being rejected by church members
- not having friends at church
- feeling anxious or uptight
- being afraid of things
- having the same thoughts over and over again
- being tired and having no energy
- feeling depressed or sad
- having trouble concentrating
- not remembering things
- getting too emotional
- feeling guilty
- worrying about diseases or illnesses
- having nightmares
- thinking too much about death
- being afraid of hurting self
- feeling things are unreal
- crying without good reason
- worrying about having a nervous breakdown
- not being able to stop worrying
- not being able to relax
- being unhappy all the time
- not having any enjoyment in life
- being influenced by others
- behaving in strange ways
- feeling out of control
- being afraid of hurting someone else
- being uncomfortable with the opposite sex
- not being able to get a date
- having problems with boyfriend/girlfriend
- wanting to break up with boyfriend/girlfriend
- losing boyfriend/girlfriend
- arguing with boyfriend/girlfriend
- not having anyone to talk to about dating and sex
- worrying about getting pregnant
- being pregnant / girlfriend being pregnant
- not knowing enough about sex
- worrying about sex
- thinking about sex too often
- worrying about being gay
- being troubled by sexual attitudes of friends
- being troubled by unusual sexual behavior
- being sexually underdeveloped
- boyfriend/girlfriend wanting to get married
- feeling used or being pushed into having sex
- not having any appetite
- eating in binges

Problems

- boyfriend/girlfriend having a different religion
- arguing with boyfriend/girlfriend about religion
- not be able to get to church
- chores interfering with church activities
- job interfering with church activities
- being upset by religious beliefs of others
- not getting enough exercise
- not being able to sleep
- having poor sleeping habits
- having a physical problem
- having a long-term illness
- often being sick
- having to take medicine
- being unhappy
- watching too much television
- not having any hobbies
- not having time to relax
- not having time for interests and hobbies
- not having a job
- job not paying enough
- disliking type of job
- job being dirty
- not liking fellow workers
- being disliked by fellow workers
- being afraid of failing on the job
- being afraid of being fired or laid off
- not wanting to work
- lacking transportation to work
- friends having better jobs
- working in unsafe conditions
- lacking supervision on the job

Problems

- frequently throwing up
- eating too much
- having poor eating habits
- using alcohol
- using drugs
- smoking cigarettes or chewing tobacco
- boss being critical or unfair
- having arguments on the job
- working too many hours
- job creating health problems
- job having no future
- feeling bored with job
- lacking experience needed to get a job
- friend or family member committing suicide
- friend or family member having a serious illness
- friend or family member getting a divorce
- friend or family member dying
- pet dying
- losing something valuable
- mother or father having legal problems
- being physically hurt or abused
- losing temper and hurting someone
- friend or family member hurting self
- friend or family member losing job
- friend or family member being upset
- being robbed
- brother or sister running away from home
- mother or father losing job
- being in trouble with the police
- having thoughts of suicide
- planning to hurt someone else

List below any other problems you might have:
