

ISSUES INVENTORY Name

Date

Below you will find a list of problems people frequently need help with. Look down the list and rate yourself as to the degree of severity that each subject presents. Check the numbers from 1 (no problem) to 5 (severe problem) that apply.

Subject12345Crying for no Reason		No Problem				Severe
Crying for no ReasonImage: Crying for no ReasonImage: Crying for no ReasonCan't enjoy myselfImage: Crying for no ReasonImage: Crying for no ReasonFeeling dow/ depressedImage: Crying for no ReasonImage: Crying for no ReasonFeeling hopelessImage: Crying for no ReasonImage: Crying for no ReasonLow self-esteem/self-confidenceImage: Crying for no ReasonImage: Crying for no ReasonFeeling unhappy about myselfImage: Crying for no ReasonImage: Crying for no ReasonDealing with traumatic experiencesImage: Crying for no Cry	Subject	1	2	3	4	5
Can't enjoy myselfImage: Can't enjoy myselfImage: Can't enjoy myselfFeeling down/ depressedImage: Can't make decisionsImage: Can't make decisionsDifficulty expressing feelingsImage: Can't make decisionsImage: Can't make decisionsCan't make decisionsImage: Can't make decisionsImage: Can't make decisionsDifficulty concentratingImage: Can't make decisionsImage: Can't make decisionsThinking about suicideImage: Can't make decisionsImage: Can't make decisionsThoughts that confuse or scare meImage: Can't make decisionsImage: Can't make decisionsBa	J	1.1.1				
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Feeling anxiousImage: Constraint of Constraint	Difficulty expressing feelings					
Feeling angryImage: Constraint of the second se	Dealing with traumatic experiences					
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Thinking about suicideImage: Constraint of the second	Difficulty concentrating					
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Test anxiety						
Anxiety re. public speaking						
	Anxiety re. public speaking					

enhancing strength. inviting hope. inspiring change.



Perfectionism				
Worried about future career				
Feeling rejected by others				
Trouble making or keeping friends				
Difficulty with authority				
Sexual issues				
Racial/ethical/cultural issues				
Relationships with females				
Relationships with males				
Relationship with roommate/friend				
Relationship with family				
Relationship with romantic partner				
Relationship with my children	1			
Premarital				
Substance use of family member				
Substance use of friend		L		
Own use of alcohol/drugs				
Own use of internet/gaming				
Difficulty with sleep (sleeping too much; difficulty falling asleep or staying asleep)				
Problems with eating				
Struggles with body image				

Please indicate below those parts of your life that give you pain or that you struggle with. Then show the desired change in yourself or your behavior that you wish to accomplish through therapy. Problems and struggles may involve internal factors such as thoughts, values, feelings, intentions, etc. Or the issues may involve external factors such as your relationships with others, school, jobs, etc.

Problem	Desire Changed	

After making your list above, please go back and number the problems in order of importance to you.

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