

## Checklist of Concerns

Name:

Date:

Below is a list of problems that clients frequently describe to us. Please check off any that match your **current** concerns. If you are not sure whether to endorse an item, use the past month as a guide. Feel free to add any comments as necessary.

### Immune System

- 1.) Allergies
- 2.) Asthma
- 3.) Frequent cold, infections
- 4.) Yeast infections
- 5.) Fatigue

### Sleep

- 6.) Difficulty falling asleep
- 7.) Wakeful or restless during night
- 8.) Waking up early
- 9.) Difficulty waking up
- 10.) Nightmares or night terrors
- 11.) Snoring
- 12.) Sleep walking

### Skin/Hair/Nails

- 13.) Problems with skin
- 14.) Hair
- 15.) Nails

### Eyes

- 16.) Double or blurred vision
- 17.) Blind spots
- 18.) Spots in your vision

### Ear/Nose/Throat

- 19.) Hearing loss
- 20.) Ringing in ears
- 21.) Earaches
- 22.) Sense of smell changed or lost
- 23.) Nose or sinuses blocked
- 24.) Grinding your teeth
- 25.) Sense of taste changed or lost
- 26.) Hoarseness or sore throat

### Heart/Lungs

- 27.) Problems breathing
- 28.) Heart problems
- 29.) Hypertension
- 30.) Palpitations
- 31.) Dizziness

### Intestines

- 32.) Nausea or vomiting
- 33.) Gastric pain
- 34.) Gas and bloating
- 35.) Irritable bowel
- 36.) Diarrhea
- 37.) Constipation

### Hormonal/Blood

- 38.) Appetite problems (e.g. wanting to eat when not hungry, etc.)
- 39.) Diabetes
- 40.) Desire for sweets or carbohydrates
- 41.) Sensitivity to heat or cold
- 42.) Thyroid problems
- 43.) PMS Symptoms
- 44.) Hot flashes
- 45.) Other menopausal symptoms
- 46.) Low interest in sex
- 47.) Excessive interest in sex

### Bones/Joints/Muscles

- 48.) Pain or stiffness in joints or muscles
- 49.) Sore trigger points
- 50.) Fibromyalgia
- 51.) Bodily fatigue

### Nervous System

- 52.) Headaches or migraines
- 53.) Fainting
- 54.) Seizures
- 55.) Memory Loss
- 56.) Blocking on words
- 57.) Reading problems
- 58.) Difficulty speaking
- 59.) Tremor (shaking)
- 60.) Weakness
- 61.) Hyperactivity
- 62.) Problems with balance
- 63.) Motor or vocal tics

### Attention and Organization

- 64.) Difficulty focusing
- 65.) Easily distracted
- 66.) Make mistakes
- 67.) Difficulty organizing activities
- 68.) Not completing tasks
- 69.) Lose train of thought

### School/Learning

- 70.) Difficulty completing school work
- 71.) Getting into trouble at school
- 72.) Inverting letters/numbers
- 73.) Spatial problems (e.g. difficulty building things, understanding how to put things together.)

- 74.) Difficulty with Particular Subjects

### Bowel/Bladder

- 75.) Difficulty urinating
- 76.) Difficulty holding your urine
- 77.) Difficulty controlling your bowels
- 78.) Frequent bladder infections

### Habits

- 79.) Sometimes drink too much
- 80.) Smoke cigarettes
- 81.) Concerns about your diet
- 82.) Desire caffeine
- 83.) Use marijuana
- 84.) Other addictions

### Behavior/Emotions

- 85.) Mood swings
- 86.) Feeling down, depressed or flat
- 87.) Feeling sad
- 88.) Feeling anxious
- 89.) Panic attacks
- 90.) Worry
- 91.) Thoughts that won't leave your mind
- 92.) Need to repeat actions or words over and over
- 93.) Bingeing
- 94.) Restricting your food intake
- 95.) Making yourself vomit
- 96.) Phobias-avoiding things
- 97.) Feeling other are against you
- 98.) Behaviors that get you into trouble, or are not good for you
- 99.) Feeling angry a lot
- 100.) Impulsive
- 101.) Feeling overwhelmed