

# INVENTORY OF CONCERNS About Self (OR About the Child/Teen Patient)



This is a list of challenges or concerns people often face bringing them to consider mental health care.

*Pause at each item on the list for careful consideration --*

If an item suggests something that involves more or less struggle for you  
(OR more or less struggle for your child/teen as the patient),  
please Answer **YES**

If an item does not suggest something involving struggle for you  
(OR for your child/teen as the patient),  
please Answer **SKIP**

Otherwise, if you are not sure whether an item does or doesn't involving struggle for you  
(OR for your child/teen as the patient),  
please Answer **UNDECIDED**

CONCERN About Self (OR CONCERN About the Child/Teen Patient)	YES	SKIP	UNDECIDED
Feeling tired much of the time.			
Being underweight.			
Being overweight.			
Not getting enough sleep.			
Too little chance for doing favorite things, pastimes, hobbies, and/or sports.			
Too little time for self-care.			
Being shy, ill at ease with others and/or too easily embarrassed.			
Having no close friends.			
Missing one or more persons.			
Worry, nervousness or finding it difficult to relax.			
Getting excited too easily.			
Too few opportunities to be with the opposite-sex.			
Not meeting anyone likeable of the opposite-sex.			
Going out with a person some family won't accept.			
Being criticized by parent(s) or guardian(s).			
Mother (even if she's deceased).			
Father (even if he's deceased).			
Sickness in the family.			

CONCERN About Self (OR CONCERN About the Child/Teen Patient)	YES	SKIP	UNDECIDED
Not going to church or worship services enough.			
Dissatisfied with church or worship services.			
Losing my earlier religious faith.			
Doubting the value of prayer.			
Not studying and/or working effectively.			
Easily distracted from studying and/or work.			
Having a poor background for some tasks and/or subjects.			
Inadequate school education and/or work training.			
Doubting wisdom of a vocational choice.			
Some family opposing a vocational choice.			
Hard to work and/or study where I do.			
Bosses, teachers, and/or books too hard to understand.			
Occupational pressure and/or pain in my head.			
Not getting enough outdoor air and/or sunshine.			
Being in debt for college expenses.			
Going through life and/or school on too little money.			
Graduation threatened by lack of funds.			
Too many financial problems.			
Wanting to improve my mind.			
Wanting more chance for self-expression.			
Wanting a more pleasing personality.			
Losing one or more friends.			
Being left out of things and/or wanting to be more popular.			
Having feelings of extreme loneliness.			
Moodiness, "having the blues."			
Failing in so many things that have been tried.			
Too easily discouraged.			
Having bad luck.			
Sometimes wishing to have never been born.			
Afraid of losing one or more loved ones.			
Loving someone who doesn't return the love.			
Afraid of close contact with the opposite sex.			
Wondering whether a suitable mate will ever be found.			
Parents separated or divorced.			
Parent having a hard time of it.			
Worried about a member of the family.			

CONCERN About Self (OR CONCERN About the Child/Teen Patient)	YES	SKIP	UNDECIDED
Feeling as if not having a place to call home.			
Differing from family/church in religious beliefs.			
Failing to see the relation of religion to life.			
Not knowing what to believe about God.			
Needing life meaning.			
Forgetting things learned in school.			
Getting low grades.			
Needing aid in reading, writing, spelling, and/or grammar.			
Unable to enter desired vocation.			
Wanting to change jobs, attend another school/college and/or have a different curriculum.			
Wanting extra experience in current work field.			
Doubting college prepares me to find work.			
Dull classes.			
Poor teachers.			
Too short.			
Too tall.			
Not very attractive physically.			
Needing money for better health care.			
Disliking financial dependence on others.			
Financially unable to get married.			
Awkward in asking someone of opposite-sex for a date.			
Slow in getting acquainted with people.			
Boring weekends and/or wanting more social life.			
Feelings too easily hurt.			
Being talked about and/or being watched by other(s).			
Worrying about impressing people.			
Feeling inferior.			
Unhappy too much of the time.			
Having memories of an unhappy childhood and/or adolescence.			
Daydreaming.			
Forgetting things or a poor memory.			
Having a certain nervous habit, or a hard-to-break habit.			
Deciding if relationship is real love or an infatuation.			
Deciding whether to go steady with someone or become engaged.			
Wondering if enough is known of prospective mate.			

<b>CONCERN About Self (OR CONCERN About the Child/Teen Patient)</b>	<b>YES</b>	<b>SKIP</b>	<b>UNDECIDED</b>
Being in love with someone who cannot be married.			
Friends not welcomed at home.			
Home life unhappy and/or family quarrels.			
Not getting along with and/or irritated by a family member.			
Parents too old-fashioned in their ideas.			
Missing spiritual elements in school or college life.			
Troubled by lack of religion in others.			
Affected by racial or religious prejudice.			
In love with someone of a different race or religion.			
Trouble outlining, note-taking, and/or organizing thoughts.			
Trouble with oral presentations.			
Not knowing what I really want.			
Trying to combine marriage and a career.			
Concerned about Military Service.			
Not having a good work or school mentor or advisor.			
Not enough conversation with and/or help from bosses and/or teachers.			
Bosses/teachers insensitive to worker/student feeling.			
Speech handicap (stuttering, etc.).			
Working late at night on a job.			
Living in an inconvenient location.			
Lacking privacy where I live.			
Being too envious or jealous.			
Being stubborn or obstinate.			
Getting into arguments and/or short-tempered.			
Speaking and/or acting without thinking.			
Sometimes acting childish or immature.			
Not serious or careless about doing things properly.			
Not pulling one's weight or being lazy.			
Wondering how far to go with the opposite sex.			
Unable to discuss certain problems at home.			
Talking back and/or opinion clash with parents or guardians.			
Parents or guardians expecting too much.			
Carrying heavy home responsibilities.			
Wanting to feel close to God.			
Confused on some moral ?s and/or religious beliefs.			

CONCERN About Self (OR CONCERN About the Child/Teen Patient)	YES	SKIP	UNDECIDED
Unable to concentrate well.			
Not able to express myself well enough verbally.			
Afraid to speak up in group or class discussions.			
Not knowing where I belong in the world.			
Needing to know my occupational abilities and/or vocation.			
Too much work required for the job and/or some courses.			
Tiring of the same meals all the time.			
Too little money and/or no steady income.			
Lacking skill in sports and/or games.			
Disliking one or more persons.			
Being disliked by one or more persons.			
Feeling that no one understands.			
Having no one to tell troubles to.			
Finding it hard to talk about these troubles.			
Afraid of making mistakes.			
Can't make decisions about things.			
Lacking self-confidence.			
Can't forget one or more unpleasant experiences.			
Feeling life has given me a "raw deal."			
Disappointment in a love affair or affairs.			
Girlfriend (even if she's deceased).			
Boyfriend (even if he's deceased).			
Breaking up a love affair or affairs.			
Not telling parents or guardians everything.			
Being treated like a child by parents or guardians even though an adult.			
Being an only child.			
Wanting more freedom at home.			
Sometimes dishonest or lying without meaning to.			
Pretending to be someone else.			
Worrying about exam taking.			
Not smart in logical reasoning, academic ways, handling theory and/or abstract things.			
Fearing failure in school or college.			
Deciding whether to quit college for a job.			
Doubting whether a job can be obtained in the chosen occupation.			

CONCERN About Self (OR CONCERN About the Child/Teen Patient)	YES	SKIP	UNDECIDED
Choosing which course is best to take next, or as preparation for a job.			
Too many rules and regulations.			
Forced to take courses not liked instead of ones liked.			
Bothered by a physical handicap.			
Getting low wages.			
Dissatisfied with present job and/or school.			
Being too self-centered.			
Hurting other people's feelings.			
Avoiding one or more unliked person(s).			
Too easily influenced or led by other people.			
Too easily moved to tears.			
Bothered by bad dreams and/or nightmares.			
Sometimes bothered by thoughts of insanity.			
Thoughts of suicide.			
Having to wait too long to get married.			
Wanting human love and affection.			
Living at home, or living too close to home.			
Relatives interfering with family affairs.			
Wishing to have come from a different family.			
Having a troubled or guilty conscience.			
Can't forget some past mistakes made.			
Giving into temptation(s).			
Lacking self-control.			
Slow in mathematics.			
Lacking necessary experience (for a job).			
Not reaching the desired main goal in life.			
Grades unfair as measure of abilities possessed.			
Unfair tests.			
Other Challenge(s) or Concern(s) --			