

# BEHAVIORAL SKILLS & PROBLEMS CHECKLIST

This check list helps you and your counselor get an idea of some skills you may have and some you may need.

BEHAVIOR	NO PROBLEMS		SOME PROBLEMS		AVERAGE PROBLEMS		MANY PROBLEMS		TOO MANY PROBLEMS	
	1	2	3	4	5	6	7	8	9	10
aggressive	1	2	3	4	5	6	7	8	9	10
aggressive-passive	1	2	3	4	5	6	7	8	9	10
blaming	1	2	3	4	5	6	7	8	9	10
communicating	1	2	3	4	5	6	7	8	9	10
compromising	1	2	3	4	5	6	7	8	9	10
compulsive	1	2	3	4	5	6	7	8	9	10
coping	1	2	3	4	5	6	7	8	9	10
damning	1	2	3	4	5	6	7	8	9	10
drinking	1	2	3	4	5	6	7	8	9	10
drugging	1	2	3	4	5	6	7	8	9	10
eating	1	2	3	4	5	6	7	8	9	10
education	1	2	3	4	5	6	7	8	9	10
employment	1	2	3	4	5	6	7	8	9	10
finances	1	2	3	4	5	6	7	8	9	10
flexibility	1	2	3	4	5	6	7	8	9	10
gambling	1	2	3	4	5	6	7	8	9	10
gossiping	1	2	3	4	5	6	7	8	9	10
impulsive	1	2	3	4	5	6	7	8	9	10
legal issues	1	2	3	4	5	6	7	8	9	10
negotiation	1	2	3	4	5	6	7	8	9	10
obsessive	1	2	3	4	5	6	7	8	9	10
overcontrolling	1	2	3	4	5	6	7	8	9	10
parenting	1	2	3	4	5	6	7	8	9	10
passive	1	2	3	4	5	6	7	8	9	10
passive-aggressive	1	2	3	4	5	6	7	8	9	10
persecuting	1	2	3	4	5	6	7	8	9	10
physical health	1	2	3	4	5	6	7	8	9	10
politicking	1	2	3	4	5	6	7	8	9	10
problem-solving	1	2	3	4	5	6	7	8	9	10
procrastinating	1	2	3	4	5	6	7	8	9	10
relating	1	2	3	4	5	6	7	8	9	10
responsibility	1	2	3	4	5	6	7	8	9	10
rigid	1	2	3	4	5	6	7	8	9	10
risk taking	1	2	3	4	5	6	7	8	9	10
sex life	1	2	3	4	5	6	7	8	9	10
sharing	1	2	3	4	5	6	7	8	9	10
sleeping	1	2	3	4	5	6	7	8	9	10
smoking	1	2	3	4	5	6	7	8	9	10
spiritual life	1	2	3	4	5	6	7	8	9	10
support system	1	2	3	4	5	6	7	8	9	10
tolerance	1	2	3	4	5	6	7	8	9	10
undercontrolling	1	2	3	4	5	6	7	8	9	10
whining	1	2	3	4	5	6	7	8	9	10