

EMOTIONAL PROBLEMS & ISSUES CHECKLIST

This check list is an easy way for you and your counselor to get a good idea of what you need to work on. Please choose the most relevant answer for your current situation. Thank you.

EMOTION	NO PROBLEMS		SOME PROBLEMS		AVERAGE PROBLEMS		MANY PROBLEMS		TOO MANY PROBLEMS	
	1	2	3	4	5	6	7	8	9	10
anger	1	2	3	4	5	6	7	8	9	10
anxiety	1	2	3	4	5	6	7	8	9	10
ashamed	1	2	3	4	5	6	7	8	9	10
avoidance	1	2	3	4	5	6	7	8	9	10
contempt	1	2	3	4	5	6	7	8	9	10
depression	1	2	3	4	5	6	7	8	9	10
disgusted	1	2	3	4	5	6	7	8	9	10
distressed	1	2	3	4	5	6	7	8	9	10
down	1	2	3	4	5	6	7	8	9	10
embarrassed	1	2	3	4	5	6	7	8	9	10
enraged	1	2	3	4	5	6	7	8	9	10
guilty	1	2	3	4	5	6	7	8	9	10
harassed	1	2	3	4	5	6	7	8	9	10
helpless	1	2	3	4	5	6	7	8	9	10
hopeless	1	2	3	4	5	6	7	8	9	10
hostility	1	2	3	4	5	6	7	8	9	10
hurt	1	2	3	4	5	6	7	8	9	10
inadequate	1	2	3	4	5	6	7	8	9	10
inertia	1	2	3	4	5	6	7	8	9	10
insecure	1	2	3	4	5	6	7	8	9	10
jealous	1	2	3	4	5	6	7	8	9	10
low	1	2	3	4	5	6	7	8	9	10
low frustration tolerance	1	2	3	4	5	6	7	8	9	10
mortified	1	2	3	4	5	6	7	8	9	10
offended	1	2	3	4	5	6	7	8	9	10
plagued	1	2	3	4	5	6	7	8	9	10
pride	1	2	3	4	5	6	7	8	9	10
provoked	1	2	3	4	5	6	7	8	9	10
rebellious	1	2	3	4	5	6	7	8	9	10
resentment	1	2	3	4	5	6	7	8	9	10
sadness	1	2	3	4	5	6	7	8	9	10
self-damnation	1	2	3	4	5	6	7	8	9	10
self-pity	1	2	3	4	5	6	7	8	9	10
shame	1	2	3	4	5	6	7	8	9	10
shocked	1	2	3	4	5	6	7	8	9	10
spiteful	1	2	3	4	5	6	7	8	9	10
tormented	1	2	3	4	5	6	7	8	9	10
vengeful	1	2	3	4	5	6	7	8	9	10
vexed	1	2	3	4	5	6	7	8	9	10
worried sick	1	2	3	4	5	6	7	8	9	10
worthless	1	2	3	4	5	6	7	8	9	10