

Personal checklist (Whiston. 2013, p.116)

### Informal checklist

Please check the concerns that apply to you

- Depression
- Anxiety
- Stress
- Anger control
- Panic attacks
- Fears/phobia
- Grief/loss
- Suicidal thoughts
- Unwanted sexual experience
- Sexuality issue
- Career Issue
- Financial Pressures
- Sleep disturbance
- Obsessive thinking
- Lack of assertiveness
- Other (please specify)
- Emotional/physical/sexual abuse
- Binge eating
- Self induced vomiting
- Relationship problems
- Family conflict
- Conflict with friends
- Conflict with people at work
- Lack of relationship
- Indecisiveness
- Low self esteem
- Academic concerns
- Multicultural Issues
- Physical complaints
- Alcohol/drug concerns
- Trauma/assault/accident