



# Better Solutions Counseling Center

## Client Checklist of Characteristics

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Client name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

Person completing this form: \_\_\_\_\_ Relationship: \_\_\_\_\_

Many concerns can apply to both children and adults. Feel free to add any others at the end under "Any other characteristics."

- Abuse—physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals
- Affectionate
- Aggression, violence
- Alcohol/drug use
- Anger, hostility, arguing, irritability
- Argues, "talks back," smart-alecky, defiant
- Attention, concentration, distractibility
- Bullies/intimidates, teases, inflicts pain on others, is bossy to others, picks on, provokes
- Bullied - teased, picked on, victimized
- Career or school problems, concerns, goals, and choices
- Cheats
- Codependence
- Compulsions
- Conflicts with parents over rule breaking, money, chores, homework, grades, choices in music/clothes/hair/friends
- Complains
- Cries easily, feelings are easily hurt
- Cruel to animals
- Custody of children
- Dawdles, procrastinates, wastes time
- Decision making, indecision, mixed feelings, putting off decisions
- Delusions (false ideas)
- Dependent, immature
- Depression, low mood, sadness, crying
- Developmental delays
- Difficulties with parent's paramour/new marriage/new family
- Disobedient, uncooperative, refuses, noncompliant, doesn't follow rules
- Disruptive, interrupts, talks out, yells
- Distractible, inattentive, poor concentration, daydreams, slow to respond
- Divorce, separation
- Dropping out of school
- Eating problems—poor manners, refuses, overeating, under-eating, appetite changes, vomiting, overeats, weight concerns
- Emptiness/loneliness
- Exercise problems- over exercises or under exercises
- Extracurricular activities interfere with academics or work
- Failure
- Fatigue, tiredness, low energy
- Fears, phobias
- Fighting, hitting, violent, aggressive, hostile, threatens, destructive
- Financial or money troubles, debt, impulsive spending, low income
- Fire setting
- Friendly, outgoing, social
- Friendships
- Gambling
- Grieving, mourning, deaths, losses, divorce
- Guilt
- Headaches, other kinds of pains
- Health, illness, medical concerns, physical problems
- Housework/chores—quality, schedules, sharing duties
- Hypochondriac, always complains of feeling sick
- Imaginary playmates, fantasy
- Immature, "clowns around," has only younger playmates
- Impulsiveness, loss of control, outbursts
- Independent
- Inferiority feelings
- Interpersonal conflicts
- Irresponsibility
- Judgment problems, risk taking
- Lacks organization, unprepared
- Lacks respect for authority, insults, dares, provokes, manipulates
- Learning disability
- Legal difficulties—truancy, loitering, panhandling, drinking, vandalism, stealing, fighting, drug sales
- Likes to be alone, withdraws, isolates
- Loneliness
- Low frustration tolerance, irritability
- Lying
- Marital conflict, distance/coldness, infidelity/affairs,

remarriage, different expectations, disappointments

- Memory problems
- Menstrual problems, PMS, menopause
- Mental retardation
- Moody, mood swings
- Mute, refuses to speak
- Need for high degree of supervision at home over play/chores/schedule
- Nervousness, tension, anxiety
- Nightmares
- Obedient
- Obesity
- Obsessions, compulsions (thoughts or actions that repeat themselves)
- Oppositional, resists, refuses, does not comply, negativism
- Overactive, restless, hyperactive, out-of-seat behaviors, restlessness, fidgety, noisiness
- Oversensitivity to rejection
- Pain, chronic
- Panic or anxiety attacks
- Parenting, child management, single parenthood
- Perfectionism
- Pessimism
- Pouts
- Prejudiced, bigoted, insulting, name calling, intolerant
- Procrastination, work inhibitions, laziness, motivation issues
- Recent move, new school, loss of friends
- Relationship problems with brothers/sisters or friends/peers are poor—competition, fights, teasing/provoking, assaults
- Responsible
- Rocking or other repetitive movements
- Runs away
- Sad, unhappy

- Self-centeredness
- Self-esteem issues
- Self-harming behaviors—biting or hitting self, head banging, scratching self
- Self-neglect, poor self-care
- Sexual issues, dysfunctions, conflicts, desire differences, sexual preoccupation, public masturbation, inappropriate sexual behaviors
- Shy, timid
- Sleep problems—too much, too little, insomnia, nightmares
- Smoking and tobacco use
- Speech difficulties
- Spiritual, religious, moral, ethical issues
- Stress, relaxation, stress management, stress disorders, tension
- Stubborn
- Suicidal thoughts, talk or attempts
- Suspiciousness, distrust
- Swearing, blasphemous, bathroom language, foul language
- Temper problems, self-control, low frustration tolerance, temper tantrums, rages
- Thought disorganization and confusion
- Threats, violence
- Thumb sucking, finger sucking, hair chewing, nail biting
- Tics—involuntary rapid movements, noises, or word productions
- Truant, school avoiding
- Uncoordinated, accident-prone
- Underactive, slow-moving or slow-responding, lethargic
- Wetting or soiling the bed or clothes
- Withdrawal, isolating
- Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition

Any other characteristics: \_\_\_\_\_

Please look back over the concerns you have checked off and choose the one that you most want to see progress on and circle it.

*This is a strictly confidential patient medical record. Redisclosure or transfer is expressly prohibited by law.*