

Adult Checklist of Characteristics

Name: _____ Date: _____

Please mark all of the items below that apply to you [concerns as well as positive traits], and feel free to add any others at the bottom. You may add a note or details in the space next to the items checked

- Active
- Abuse—physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals [circle all that apply]
- Aggression, violence
- Alcohol use
- Ambitious
- Anger, hostility, arguing, irritability
- Anxiety, nervousness
- Attention, concentration, distractibility
- Behaviours
- Career concerns, goals, and choices
- Cautious or slow to act
- Changes in eating patterns
- Childhood issues (your own childhood)
- Codependence
- Comfortable in groups
- Confusion
- Compulsions
- Custody of children
- Decision making, indecision, mixed feelings, putting off decisions
- Delusions (false ideas)
- Dependence
- Depression, low mood, sadness, crying
- Destructive
- Difficulty speaking in groups
- Diminished interest in normal activities
- Disruptive behaviour
- Divorce, separation
- Don't like yourself
- Dreams or nightmares
- Drug use—prescription medications, over-the-counter medications, street drugs
- Eating problems—overeating, undereating, appetite, vomiting, binges, restrictive eating [circle all that apply]
- Failure
- Feel like a failure even when others tell you are doing an average or above average job

- Fatigue, tiredness, low energy
- Fears, phobias
- Feeling worthless
- Financial or money troubles, debt, impulsive spending, low income
- Follows direction well
- Friendship difficulties
- Strong friendships
- Gambling
- Generous
- Grieving, mourning, deaths, losses, divorce
- Guilt
- Hard to listen to others
- Frequent or regular Headaches, digestive/stomach issues or other kinds of pains
- Health, illness, medical concerns, physical problems
- High energy
- Housework/chores difficulty—quality, schedules, sharing duties
- Inferiority feelings
- Insecurity
- Interpersonal conflicts
- Intimacy
- Impatient
- Impulsiveness, loss of control, outbursts
- Irresponsibility
- Judgment problems, risk taking
- Kind
- Learning differences _____
- Legal matters, charges, suits
- Lies
- Life feels empty
- Loneliness
- Loyal
- Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments
[circle all that apply]
- Memories
- Memory problems
- Menstrual problems, PMS, menopause
- Missing work
- Mood swings, moodiness
- Motivation, laziness
- Nervousness, tension
- Obsessions, compulsions (thoughts or actions that repeat themselves)

- Sensitivity to rejection
- Panic or anxiety attacks
- Parenting, child management, single parenthood
- Perfectionism
- Pessimism
- Planning for college
- Good problem solving skills
- Procrastination, work inhibitions, laziness
- Racing thoughts
- Reads well
- Rejection
- Relationship problems (with friends, with relatives, or at work)
- Resourceful
- Risk taker
- Restlessness
- Rule follower
- Runaway behaviour
- School problems (see also "Career concerns . . . ")
- Self-centeredness
- Self-esteem
- Self injury
- Self-neglect, poor self-care
- Sense of Humor
- Sexual issues, dysfunctions, conflicts, desire differences, other (see also "Abuse")
- Shyness, oversensitivity to criticism
- Skipping meals
- Sleep—too much
- Sleep- too little
- Sleep- trouble going to sleep
- Sleep – can't stay asleep
- Smoking and tobacco use
- Speaking before thinking
- Speaks well
- Spiritual, religious, moral, ethical issues
- Strong faith or belief system that has been helpful in difficult times
- Stress, relaxation, stress management, stress disorders, tension
- Suspiciousness
- Suicidal thoughts
- Suicidal actions
- Tearful

- Temper problems, self-control, low frustration tolerance
- Thoughts that bother you or seem unusual or odd
- Thought disorganization and confusion
- Threats, violence
- Tidy or orderly
- Trouble with the police
- Trustworthy
- Withdrawal, isolating
- Works well alone
- Work problems, employment, workaholism/overworking/overstudying, can't keep a job, job or school dissatisfaction [circle all that apply].
- Worries
- Writes well
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Other: _____

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