



Mommy Groove Therapy & Parent Coaching

Helping families from belly to baby, toddler to 'tween.

Olivia Bergeron, LCSW

MommyGroove.com

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Checklist of Concerns:

1. Client's name: _____
First Name Middle Name Last Name

2. Date of Birth: ___/___/___ 3. Today's Date: ___/___/___

Please circle any of the items below that apply to you and feel free to add any others at the bottom under "Any other concerns or issues." Feel free to add notes or details in the space next to the concerns that you circled.

1. I have no problem or concern bringing me here.
2. Abuse—physical , sexual, emotional, neglect
3. Aggression, violence
4. Alcohol use
5. Anger, hostility, arguing, irritability
6. Anxiety, nervousness
7. Attention, concentration, distractibility
8. Career concerns, choices
9. Childhood issues
10. Codependence
11. Confusion
12. Compulsions
13. Custody of children
14. Decision making, indecision, mixed feelings, putting off decisions
15. Delusions, false ideas
16. Dependence, helplessness
17. Depression, low moods, crying, sadness
18. Divorce, separation
19. Drug use—prescription, over-the-counter or street drugs
20. Eating problems—overeating, undereating, appetite, vomiting



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21. Emptiness
22. Failure
23. Fatigue, low energy
24. Fears, Phobias
25. Financial or money troubles, debt, impulsive spending, low income
26. Friendships
27. Gambling
28. Grieving, mourning, losses, divorce
29. Guilt
30. Headaches or other physical pains
31. Health, illness, medical concerns, physical problems
32. Housework/chores—quality, schedules, sharing duties
33. Inferiority feelings
34. Interpersonal conflicts
35. Impulsiveness, loss of control, outbursts
36. Irresponsibility
37. Judgment problems, risk taking
38. Legal matters, charges, suits
39. Loneliness, isolation
40. Marital conflicts, distance/coldness, infidelity/affairs, remarriage, different expectations
41. Memory problems
42. PMS, menopause
43. Mood swings
44. Motivation
45. Nervousness, tension
46. Obsessions, repeating thoughts or actions
47. Oversensitivity
48. Panic or anxiety attacks
49. Parenting, child management, single parenthood
50. Perfectionism
51. Pessimism
52. Procrastination, laziness



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53. Relationship problems
 54. Self-esteem
 55. Self-neglect, failure to take care of your own needs
 56. Sexual issues, dysfunctions, conflicts, desire differences, abuse
 57. Shyness, oversensitivity to criticism
 58. Sleep problems—too much, too little, insomnia, nightmares, night waking
 59. Smoking and tobacco use
 60. Spiritual, religious, moral, ethical issues
 61. Stress, relaxation, stress management
 62. Suicidal thoughts
 63. Temper problems, self control, low frustration tolerance
 64. Thought disorganization, confusion
 65. Threats, violence
 66. Weight, diet issues
 67. Withdrawal, isolating
 68. Work problems, trouble keeping a job, overworking
 69. Any other concerns or issues?
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70. Choose the top three issues that you most want help with: