

	<u>Interference</u>			
	None	Little	Moderate	Great Deal
Health				
Difficulty sleeping				
Weight problems				
Feeling physically tired and run-down				
Stomach trouble				
Chronic physical problems				
Difficulty getting up in the morning				
Poor diet and nutrition				

School				
Poor attendance				
Late arrival				
Poor relations with teacher(s)				
Academic difficulty				
Poor relations with other students				
Difficulty getting assignments started				
Difficulty getting assignments completed				
Difficulty with homework				
Out-of-seat				
Talking without permission in class				
Fighting				
Work is too hard				
Work is too easy				
Making time to study				

Finances				
Difficulty making ends meet				
Insufficient money for basic necessities				
Increasing amounts of debt				
Unexpected expenses				
Too little money for hobbies and recreation				
No steady source of income				
Too many financial dependents				

Living Situation	Interference			
	None	Little	Moderate	Great Deal
Bad neighborhood				
Too far from work or school				
Too small				
Unpleasant conditions				
Things in need of repair				
Poor relationship with landlord				

Social Relationships

Timidity or shyness around the opposite sex				
Not having many friends				
Too little contact with the opposite sex				
Feeling lonely				
Not getting along well with certain people				
A failed or failing love affair				
Feeling left out				
Lack of love and affection				
Vulnerability to criticism				
Wanting more closeness to people				
Not being understood by others				
Not really knowing how to converse				
Not finding the right mate				
Peer pressure to engage in inappropriate activities				

Recreation

Not having enough fun				
Ineptitude at sports or games				
Too little leisure time				
Wanting more chance to enjoy art or self-expression				
Little chance to enjoy nature				
Wanting to travel				
Needing a vacation				
Inability to think of anything fun to do				

Problem Checklist

Work	Interference			
	None	Little	Moderate	Great Deal
Monotonous and boring work				
Poor relations with boss or supervisor				
Being rushed and under stress				
Wanting a different job or career				
Needing more education or experience				
Fear of losing job				
Not getting along with co-workers				
Unemployment				
Unpleasant working conditions				
Needing more freedom at work				

Family

Feeling rejected by family				
Discord at home with mate				
Discord at home with sibling				
Not getting along with one or more of the children				
Feeling trapped in painful family situation				
Insecurity – fear of losing mate				
Inability to be open and honest with other family members				
Desire for sexual contact with someone other than mate				
Conflict with parents				
Having interests different from those of mate				
Interference by relatives				
Marriage breaking up				
Children having problems at school				
Sick family member				
Excessive quarreling at home				
Anger, resentment toward mate				
Irritation with habits of a family member				
Worry about family member				

Problem Checklist

None **Interference**
Little **Moderate** **Great**

Psychological**Deal**

Having a particular bad habit				
Religious problems				
Problems with authority				
Competing goals or demands				
Obsession with distant or unattainable goals				
Lack of motivation				
Feeling very depressed at times				
Feeling nervous at certain times				
Feeling blocked from attaining goals				
Feeling angry a lot				
Worrying				

Other

(If particular situations not listed above significantly interfere with your life, write them here and rate them)
