

I Am Seeking Therapy Because . . .

Tick the relevant statements

- I live alone (with children or not) argue a lot)
- I live with my partner
- I am currently living with a parent or relative
- My living arrangement is temporary due to my current problems I am using illegal drugs and it is causing problems in my relationships
- I current live far away (in another country) from my immediate family I drink alcohol and it is affecting my relationship
- I currently married I am an alcoholic
- This is my first / second / third marriage I am a drug addict
- I left my partner I am a sex addict
- My partner put me out My partner is using drugs (including alcohol) as it has impacted our relationship
- The separation is mutual My partner had a sexual relationship with our (my) child
- I am a never-married-single I have a gambling problem
- I have children for one friend/acquaintance/partner only My partner has a gambling problem
- I have children for multiple partners I am having problems on my job or with my colleagues
- I have children for multiple partners before the marriage began My partner and I have other very serious issues that are dividing us
- I have children for multiple partners while being married I am having challenges raising/dealing with my children
- I want counseling for my homosexual/lesbian relationship My child is on drugs
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- I believe I am depressed I have homosexual/lesbian feelings that are confusing me
- I have a high level of stress and cannot manage it well I want to know how to become whole again
- I am not sleeping well I am not happy with my weight
- I am not eating well I am unhappy with my life
- My mind is always rasing I want to stop doing things that causes pain to others
- I am having suicidal thoughts I am promiscuous
- I have tried to kill myself My partner is very flirtatious with those of the opposite sex.
- I am having anxiety attacks My partner thinks I am flirtatious.
- I often have negative thoughts about myself I am fed up with the way by partner treats me
- I feel like a failure I have been unfaithful to my marriage vows
- I was raped I've been single too long and need a relationship
- I raped someone I am tired of being used by men/women
- I am over eating I believe I am sexually addicted
- I have a medical illness that's emotional difficult to handle My partner or love one died recently and I have difficulty coping
- My partner has medical illness that's emotional difficult to handle My child was killed or died unexpectedly
- I vomit my food to lose weight I have been mourning too longer since the death of a loved one
- I do not feel good about myself Difficult, painful situations have developed since the death of a loved one
- I have problems with anger management I feel guilty having a good time since the death of my loved one
- I have difficulty managing my anger I have been out of a job for a while and is it causing problems
- My marriage is in trouble. I do not know what are my job skills
- My partner has difficulty managing his/her anger I am depressed staying at home at not working
- I am dealing with painful personal issues of the past
- My partner is not meeting my emotional needs
- I feel very lonely in this relationship
- I cannot trust my partner
- My partner does not spend enough time with me
- We have a serious problem managing our finances
- I don't like the way my partner controls his/her money
- My partner is emotionally abusive
- My partner is too controlling
- My partner is physically abusive
- My partner says I am too controlling or abusive
- My partner is having or had a non-sexual affair
- I suspect my partner is cheating on me
- I am having/had a emotional/sexual affair
- My partner and I have poor communication skills (we
- Write below whatever you want about why you are hear:
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