

✓	What Brings You In?	How Long Have you Experienced This?	✓	What Brings You In?	How Long Have you Experienced This?	✓	What Brings You In?	How Long Have you Experienced This?
	Judging			Pain			Self-pity	
	Justifying limitations			Parent			Self-sabotage	
	Lack of commitment			People-pleasing			Sex and Masturbation	
	Lack of confidence			Perfectionism			Sex discrimination	
	Lack of creativity			Performance anxiety			Sexual abuse	
	Lack of discipline			Personal empowerment			Sexual addiction	
	Lack of energy			Personal growth			Sexual dysfunction/problems	
	Lack of exercise			Personal integrity			Sexual orientation	
	Lack of initiative			Pervasive disobedience			Shame	
	Lack of purpose			Phobias			Shoplifting	
	Lack of trust			Physical abuse			Should vs. Wants	
	Laughing it off			Physical health			Shyness	
	Laziness			Pornography			Simplifying	
	Leadership development			Possessiveness			Sleeping too little	
	Learning disability			Poverty mentality			Sleeping too much	
	Learning study skills			Prejudice			Social anxiety	
	Legal problems			Pretending/Feeling fake			Solitude	
	LGTBQ			Preventing violence			Somatization	
	Life is not worth living			Pride			Spiritual growth	
	Life purpose/meaning			Prioritizing			Stalking	
	Life satisfaction			Problem solving			Status	
	Lifestyle			Procrastination			Stealing	
	Listening skills			Promiscuity			Strengthening a relationship	
	Living in the past			Provocative to authority			Stress	
	Living in the present			figures			Stubbornness	
	Loneliness			Psychomotor retardation or			Substance abuse	
	Losing track of time			agitation			Success	
	Love			Psychotic thoughts			Suffering	
	Low energy			Psychotic perceptions			Suicidal thoughts	
	Lying			Public speaking			Suicide attempts	
	Making a choice			Quality of life			Taking action	
	Malnutrition			Racism			Tantrums	
	Managing money/finances			Rage reactions			Tearfulness	
	Manipulation			Rationalization			Thoughts of harming others	
	Marital dysfunction			Rebellion			Thoughts of self harm	
	Martyrdom			Recreation			Time management	
	Materialism			Relationship enhancement			Timidity	
	Medical problems			Relationships don't last			Tired/Exhausted	
	Medical risk factors			Relaxation			Transgender	
	Medication			Religious abuse			Transitions/Change	
	Mediocrity			Religious beliefs			Truancy	
	Mental confusion			Repression			Unable to feel	
	Minimizing			Resentment			Unable to label feelings	
	Moodiness			Resistance			Unblocking creativity	
	Motivation to change			Ridicule			Uncommunicativeness /	
	My birth family			Romance			social withdrawal	
	Napping too much			Rudeness			Understanding your feelings	
	Narrowness			Rules			Unexpressed emotions	
	Neediness			Running away			Unpleasant thoughts	
	Negative attitude			Sadness			Vacillation	
	Negotiate for a raise			Safety			Values and beliefs	
	No fun			Sarcasm			Vanity	
	Non-supportive habits			School phobia			Verbal abuse	
	Nothing matters			Seeking approval			Violence	
	Numbness/numbing out			Seeking inspiration			Weight gain	
	Nutrition			Self acceptance			Weight loss	
	Obsessive thoughts			Self assurance			Wishes/Wants/Desires	
	Opening up			Self care			Withdrawal	
	Opportunism			Self deception			Worry	
	Organization			Self esteem			Other:	
	Over-eating			Self mutilation/ self-harm				
	Overly sensitive			Self obsession				
	Overreacting			Self respect				
	Over-spending			Self talk				
	Overwhelm			Self-centeredness				
	Over-work			Selfishness/narcissism				