

Let's Talk!

What would you like to discuss?
Please check all that apply.

- | | | |
|--|---|--|
| <input type="checkbox"/> Abandonment | <input type="checkbox"/> Communication skills | <input type="checkbox"/> Failure |
| <input type="checkbox"/> Abortion | <input type="checkbox"/> Community | <input type="checkbox"/> Falling asleep at inopportune times |
| <input type="checkbox"/> Absentmindedness | <input type="checkbox"/> Competitiveness | <input type="checkbox"/> Family |
| <input type="checkbox"/> Accepting who I am | <input type="checkbox"/> Complaining | <input type="checkbox"/> Fantasizing |
| <input type="checkbox"/> Accidents | <input type="checkbox"/> Compromise | <input type="checkbox"/> Fault-finding |
| <input type="checkbox"/> Accusing | <input type="checkbox"/> Compulsive behaviors | <input type="checkbox"/> Faulty beliefs |
| <input type="checkbox"/> Acting the clown | <input type="checkbox"/> Conflict / confrontation | <input type="checkbox"/> Fears |
| <input type="checkbox"/> Addictions _____ | <input type="checkbox"/> Confusion | <input type="checkbox"/> Feeling needy |
| <input type="checkbox"/> Adoption | <input type="checkbox"/> Control | <input type="checkbox"/> Feeling stuck |
| <input type="checkbox"/> Aggression | <input type="checkbox"/> Cowardice | <input type="checkbox"/> Feels undeserving |
| <input type="checkbox"/> Agitation | <input type="checkbox"/> Criticizing | <input type="checkbox"/> Finding my voice |
| <input type="checkbox"/> Alcohol / drug consumption | <input type="checkbox"/> Cruelty | <input type="checkbox"/> Fixed ideas |
| <input type="checkbox"/> Always being with people | <input type="checkbox"/> Current job, employment, career | <input type="checkbox"/> Focusing on the past |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Cynicism | <input type="checkbox"/> Foolishness |
| <input type="checkbox"/> Analyzing | <input type="checkbox"/> Death / dying | <input type="checkbox"/> Forgetfulness |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Deceitfulness | <input type="checkbox"/> Forgiveness |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Deception | <input type="checkbox"/> Friends |
| <input type="checkbox"/> Appetite problems | <input type="checkbox"/> Decision making | <input type="checkbox"/> Frustration |
| <input type="checkbox"/> Arguing | <input type="checkbox"/> Defensiveness | <input type="checkbox"/> Futility |
| <input type="checkbox"/> Arrogance | <input type="checkbox"/> Deferred gratification | <input type="checkbox"/> Future thinking |
| <input type="checkbox"/> Assaultiveness | <input type="checkbox"/> Defiance | <input type="checkbox"/> Gay / Lesbian / Bisexual |
| <input type="checkbox"/> Assertiveness training | <input type="checkbox"/> Delegating | <input type="checkbox"/> Getting another opinion |
| <input type="checkbox"/> Attachment | <input type="checkbox"/> Denial | <input type="checkbox"/> Glamour |
| <input type="checkbox"/> Attitude | <input type="checkbox"/> Dependency | <input type="checkbox"/> Goal setting / priorities |
| <input type="checkbox"/> Attractiveness | <input type="checkbox"/> Depression | <input type="checkbox"/> Grandiosity |
| <input type="checkbox"/> Avoidance | <input type="checkbox"/> Despair / despondency | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Bed wetting / incontinence | <input type="checkbox"/> Deviousness | <input type="checkbox"/> Greed |
| <input type="checkbox"/> Being opinionated | <input type="checkbox"/> Diet | <input type="checkbox"/> Grief |
| <input type="checkbox"/> Being reactive | <input type="checkbox"/> Difficult decision to make | <input type="checkbox"/> Guilt and shame |
| <input type="checkbox"/> Being scattered | <input type="checkbox"/> Difficulty falling asleep | <input type="checkbox"/> Hallucinations |
| <input type="checkbox"/> Being taken advantage of | <input type="checkbox"/> Difficulty trusting myself | <input type="checkbox"/> Hate |
| <input type="checkbox"/> Being too emotional | <input type="checkbox"/> Difficulty trusting others | <input type="checkbox"/> Health concerns _____ |
| <input type="checkbox"/> Being ungrounded | <input type="checkbox"/> Diminished sense of pleasure | <input type="checkbox"/> Hobbies |
| <input type="checkbox"/> Belligerent or argumentative | <input type="checkbox"/> Discounting | <input type="checkbox"/> Homicidal thoughts / behaviors |
| <input type="checkbox"/> Blaming | <input type="checkbox"/> Dishonesty | <input type="checkbox"/> Homophobia |
| <input type="checkbox"/> Blind devotion | <input type="checkbox"/> Disorder | <input type="checkbox"/> Hopelessness |
| <input type="checkbox"/> Body image | <input type="checkbox"/> Disoriented | <input type="checkbox"/> Humor |
| <input type="checkbox"/> Boredom | <input type="checkbox"/> Dissociate | <input type="checkbox"/> Hyperactivity |
| <input type="checkbox"/> Bossiness | <input type="checkbox"/> Divorce | <input type="checkbox"/> Hyper alert |
| <input type="checkbox"/> Boundaries | <input type="checkbox"/> Dominance | <input type="checkbox"/> Identifying options |
| <input type="checkbox"/> Brainstorming | <input type="checkbox"/> Doubt | <input type="checkbox"/> Ignorance |
| <input type="checkbox"/> Budgeting | <input type="checkbox"/> Drama | <input type="checkbox"/> Ignoring illness |
| <input type="checkbox"/> Build confidence | <input type="checkbox"/> Dreams | <input type="checkbox"/> Illusions |
| <input type="checkbox"/> Build my business | <input type="checkbox"/> Drugs / alcohol | <input type="checkbox"/> Impatience |
| <input type="checkbox"/> Build my courage | <input type="checkbox"/> Easily annoyed / irritability | <input type="checkbox"/> Impractical |
| <input type="checkbox"/> Building coping skills | <input type="checkbox"/> Easily startled | <input type="checkbox"/> Improve general physical health |
| <input type="checkbox"/> Building support system | <input type="checkbox"/> Eating problems - too much, too little | <input type="checkbox"/> Improve mood stability |
| <input type="checkbox"/> Calamity protection | <input type="checkbox"/> Education | <input type="checkbox"/> Improve my parenting |
| <input type="checkbox"/> Carelessness | <input type="checkbox"/> Egotism | <input type="checkbox"/> Impulsiveness |
| <input type="checkbox"/> Casual relationships | <input type="checkbox"/> Emotional abuse | <input type="checkbox"/> Inability to concentrate / focus |
| <input type="checkbox"/> Change a pattern | <input type="checkbox"/> Emotional blocks | <input type="checkbox"/> Inaccuracy |
| <input type="checkbox"/> Change in appetite | <input type="checkbox"/> Emotions | <input type="checkbox"/> Inadequate healthcare skills |
| <input type="checkbox"/> Changing career / finding a job | <input type="checkbox"/> Employment problems | <input type="checkbox"/> Inadequate survival skills |
| <input type="checkbox"/> Child | <input type="checkbox"/> Ending a relationship | <input type="checkbox"/> Indecision |
| <input type="checkbox"/> Chronic / terminal illness | <input type="checkbox"/> Energy / vitality | <input type="checkbox"/> Indifference |
| <input type="checkbox"/> Claiming what you deserve | <input type="checkbox"/> Environment | <input type="checkbox"/> Ineffective communication skills |
| <input type="checkbox"/> Clarify thoughts | <input type="checkbox"/> Envy | <input type="checkbox"/> Inertia |
| <input type="checkbox"/> Classism / class differences | <input type="checkbox"/> Escape | <input type="checkbox"/> Inflexible character |
| <input type="checkbox"/> Codependency | <input type="checkbox"/> Exaggeration | <input type="checkbox"/> Injury |
| <input type="checkbox"/> Coming out | <input type="checkbox"/> Excessive fears / worry | <input type="checkbox"/> Insecurity |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Excessive focus on others | <input type="checkbox"/> Insensitivity |
| | <input type="checkbox"/> Excuses | <input type="checkbox"/> Inspiration |
| | <input type="checkbox"/> Exercise – too much, too little | <input type="checkbox"/> Intellectualization |
| | <input type="checkbox"/> Exploration | |
| | <input type="checkbox"/> Expressing feelings | |
| | <input type="checkbox"/> Extremism | |

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