

**FAMILY ATTACHMENT &
ADOPTION CENTER
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SYMPTOM CHECK-LIST

**Child's
Name** _____
Date _____

**Person completing
form/relationship to
child** _____

*Most children exhibit, at one
time or another, one or more of
the symptoms listed below.*

INSTRUCTIONS:

1. Place a **P** next to those that your child has exhibited in the **PAST** and an **N** next to those your child exhibits **NOW**.
2. Only mark those symptoms that have been or are present to a significant degree over a period of time.
3. Only check as problems behavior that you suspect is unusual or atypical when compared to what you consider to be the normal for your child's age.
4. Then, on page 5, list the symptoms checked off on pages 1-4 and write a brief description including age of onset, duration, and any other pertinent information.

Thumb-sucking	⇒ Overeating with overweight	⇒ Insomnia (difficulty sleeping)
⇒ Baby talk	⇒ Eating binges with overweight	⇒ Enuresis (bed wetting)
⇒ Over dependent for age	⇒ Undereating with underweight	⇒ Frequent nightmares
⇒ Frequent temper tantrums	⇒ Long periods of dieting and food abstinence with underweight	⇒ Night terrors (terrifying nighttime outbursts)
⇒ Excessive silliness and clowning	⇒ Preoccupied with food—what to eat and what not to eat	⇒ Sleepwalking
⇒ Excessive demands for attention	⇒ Preoccupation with bowel movements	⇒ Excessive sexual interest and preoccupation
⇒ Cries easily and frequently	⇒ Constipation	⇒ Frequent sex play with other children
⇒ Generally immature	⇒ Encopresis (soiling)	⇒ Excessive masturbation
⇒ Eats non-edible substances		

- ⇒ Frequently likes to wear clothing of the opposite sex
- ⇒ Exhibits gestures and intonations of the opposite sex
- ⇒ Frequent headaches
- ⇒ Frequent stomach cramps
- ⇒ Frequent nausea and vomiting
- ⇒ Often complains of bodily aches and pains
- ⇒ Worries over bodily illness
- ⇒ Poor motivation
- ⇒ Apathy
- ⇒ Takes path of least resistance
- ⇒ Ever trying to avoid responsibility
- ⇒ Inflexibility
- ⇒ Poor follow-through
- ⇒ Low Curiosity
- ⇒ Open defiance of authority
- ⇒ Blatantly uncooperative
- ⇒ Persistent lying
- ⇒ Frequent use of profanity to parents, teachers and other authorities
- ⇒ Truancy from school
- ⇒ Runs away from home
- ⇒ Violent outbursts of rage
- ⇒ Stealing
- ⇒ Cruelty to animals, children and others
- ⇒ Destruction of property
- ⇒ Criminal and/or dangerous acts
- ⇒ Trouble with the police
- ⇒ Violent assault
- ⇒ Fire setting
- ⇒ Little, if any, guilt over behavior that causes others pain and discomfort
- ⇒ Little, if any, response to punishment for antisocial behavior
- ⇒ Few, if any, friends
- ⇒ Doesn't seek friendships
- ⇒ Rarely sought by peers
- ⇒ Not accepted by peer group
- ⇒ Selfish
- ⇒ Doesn't respect the rights of others
- ⇒ Wants things own way with exaggerated reaction if thwarted
- ⇒ Trouble putting self in other person's position
- ⇒ Ego-centric (self-centered)
- ⇒ Frequently hits other children
- ⇒ Argumentative
- ⇒ Excessively critical of others
- ⇒ Excessively taunts other children
- ⇒ Ever complaining
- ⇒ Is often picked on and easily bullied by other children
- ⇒ Suspicious, distrustful
- ⇒ Aloof
- ⇒ "Wise-guy" or "smart-aleck" attitude
- ⇒ Brags or boasts
- ⇒ Bribes other children
- ⇒ Excessively competitive

⇒ Often cheats when playing games	⇒ Chews on clothes, blankets, etc.	⇒ Involuntary grunts, vocalizations (understandable or not)
⇒ “Sore loser”	⇒ Head banging	
⇒ “Doesn’t know when to stop”	⇒ Hair pulling	⇒ Stuttering
⇒ Poor common sense in social situations	⇒ Picks on skin	⇒ Depression
⇒ Often feels cheated or “ripped off”	⇒ Speaks rapidly and under pressure	⇒ Frequent crying spells
⇒ Feels other are persecuting him when there is no evidence for such	⇒ Irritability, easily “flies off the handle”	⇒ Excessive worrying over minor things
⇒ Typically wants his or her own way	⇒ Fears (check): Dark New situations Strangers Being alone Death Separation from parent School	⇒ Suicidal preoccupation, gestures, attempts
⇒ Very stubborn	⇒ Visiting other children’s homes	⇒ Excessive desire to please authority
⇒ Obstructionistic	⇒ Going away to camp	⇒ “Too good”
⇒ Negativistic (does just the opposite of what is requested)	⇒ Animals	⇒ Too mature, frequently acts older than actual age
	Other fears (list)	
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⇒ Quietly, or often silently, defiant of authority	⇒ Anxiety attacks with palpitations (heart pounding), shortness of breath, sweating, etc.	⇒ Excessive guilt over minor indiscretions
⇒ Feigns or verbalizes compliance or cooperation but doesn’t comply with requests	⇒ Disorganized	⇒ Asks to be punished
⇒ Drug abuse	⇒ Tics such as eye-blinking, grimacing, or other spasmodic repetitious movements	⇒ Low self-esteem
⇒ Alcohol abuse		⇒ Excessive self-criticism
⇒ Very tense		⇒ Very poor tolerance of criticism
⇒ Nail biting		⇒ Feelings easily hurt

⇒	Dissatisfaction with appearance or body part(s)	⇒	Inhibited self-expression in dancing, singing, laughing, etc.	⇒	Speech non-communicative or poorly communicative
⇒	Excessive modesty over bodily exposure	⇒	Withdrawn	⇒	Hears voices
⇒	Perfectionistic, rarely satisfied with performance	⇒	Recoils from affectionate physical contact	⇒	Sees visions
⇒	Frequently blames others as a cover-up for own shortcomings	⇒	Fear asserting self	⇒	Mood changes quickly and drastically
⇒	Little concern for personal appearance or hygiene	⇒	Inhibits open expression of anger	⇒	Worries about losing or possible harm befalling major caretakers
⇒	Little concern for or pride in personal property	⇒	Allows self to be easily taken advantage of	⇒	Exposure to an extreme traumatic stressor (threatened death or injury, physical or sexual abuse)
⇒	“Gets hooked” on certain ideas and remains preoccupied	⇒	Frequently pouts and/or sulks	⇒	Exposure to frequent changes in living situations or caregivers
⇒	Compulsive repetition of seemingly physical acts	⇒	Mute (refuses to speak) but can	⇒	Feelings of being unwanted or unloved
⇒	Shy	⇒	Gullible and/or naïve	⇒	Feelings of hopelessness
		⇒	Passive and easily led		
		⇒	Excessive fantasizing “lives in his or her own world”		
		⇒	Flat emotional tone		

PLEASE TURN TO NEXT PAGE

