

PROBLEM LIST

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1. MANIPULATION: (a) Playing off one person against another.
(b) Allowing oneself to be used - someone giving you an object to become your friend - someone giving you an object to get something back.
2. BITCHY: Starting arguments and taking bad moods out on someone else. Back stabbing.
3. ATTENTION SEEKING: Wanting to be noticed, and behaving in a negative way to get attention.
4. BOISTEROUS: Being loud and noisy, yelling a lot.
5. IMPATIENT: Can't wait for anything to happen - wants things to happen straight away, very demanding.
6. SPOILT BRAT: Wanting and getting one's own way all the time.
7. DEPENDENCY: Being too independent on another person, place or thing.
8. BIG-NOTING: Acting as if you are tough, or the big person on the section.
9. SMARTY PANTS: Trying to be smart and giving smart answers.
10. CHILDISH: Not acting your age - (acting younger than you really are).
11. NOT FACING REALITY: Not facing up to your problems, or what's going on or what you are doing.
12. SCAPEGOATING: Putting the blame on someone else instead of yourself.
13. GOING TO COURT: Wanting to know what it is all about.
14. HYGIENE: General/personal - not being clean around the section, being dirty in one's own person; not bathing, washing hair, etc.
15. OVERWEIGHT: Always eating and putting on too much weight.
16. FOLLOWER: Looking up to people who mislead you in to wrong things.
17. STOOGES: Being used because you can't face up to people. Letting yourself be stooged by people who really aren't your friends. Allowing yourself to be "set up".
18. COMMUNICATION: Not being able to talk with people; can't express yourself properly.
Not being able to trust many people.
19. BRICK WALL: Being blocked off so that no-one can get in and you can't reach out to other people.
20. HEAVY MOOD: When your negative moods OOOZE out of you and it poisons the other people - it dampens them.
21. PROSTITUTION: Sex for money.
22. NOT CARING: Person doesn't seek help and says he/she doesn't care about anything or anybody; refuses to help others.
23. FRONTING: Putting on a false face; not letting people know how you really feel and think; wearing a mask to impress others, or seek sympathy or make a point; trying to be someone you're not. Pretending and living in a dream world; saying you're sick when you're not.
24. CURSING: Being rude; using foul language; swearing at people.
25. FIGHTING: Hitting out at people; violence; sometimes hitting a person with no valid reason except that you don't like that particular person; can't control temper and uses fists.
26. DRUGS: Smoking marijuana, popping pills, etc., to perhaps escape the true self and avoid real problems, or maybe just to feel good. Can't say "no" to drugs; can't stop smoking cigarettes.
27. DRINKING: Drowning your sorrows (so to speak); drinking a great deal of alcohol; getting drunk for the fun of it or to become relaxed; to use as a security blanket.

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28. INCONSIDERATE OF OTHERS: Not really caring what others may think or like or dislike, and doing the particular thing anyway; self-centred; has to have own way; vandalism.
29. INCONSIDERATE OF SELF: Not looking after yourself; not doing the things you know are good for you; just not caring about yourself; disregarding your appearance or what's important for you; stubborn.
30. FAMILY PROBLEMS: Being unable to get on well at home; wanting to run away all the time; perhaps not really being able to understand yourself or another within the family.
31. STICKY-NECK: Being nosy; having to know what's going on especially if it's none of your business; prying into others affairs.
32. AUTHORITY: Can't get along with people in a higher position, for example, Police, Staff, Parents, Teachers, etc., breaking rules or laws.
33. LYING: Making up stories that aren't true; can't face the truth so therefore doesn't tell it or admit to the truth about himself/herself.
34. BULLYING: Bossing people around, acting the "heavy"; pushing your weight around.
35. EASILY ANGRY: Getting upset and losing your temper very quickly; angry for the smallest reasons; upset easily.
36. STEALING: Taking things which don't belong to you because you feel the need; being sneaky and sly in doing so.
37. ITCHY FEET: Having the urge to run away from problems all the time; can't stay in the same place for too long; having to move on to new places, schools, people, jobs, etc.
38. UNABLE TO COPE: Feeling that you just can't handle relationships, or situations the way they are; can't go on any more; feeling defeated (beaten); impatient; attention seeking; unable to express feelings on paper and unable to read adequately.
39. EASILY MISLED: Doing what others do because it's the done thing knowing full well you shouldn't be doing it; letting friends talk you into getting up to mischief.
40. MISLEADING OTHERS: Acting as leader of the group; talking others into doing wrong things. Stirring up trouble.
41. SMALL FEELINGS: (Not liking yourself) Having bad thoughts about yourself; not willing to help yourself or others; stinking thinking; feeling you are a failure and that no-one cares about you; "poor me".
42. LOOSE TONGUE: Hateful expressions and rattling off a great deal of abuse; wanting to put people down.
43. SEXUAL: Thinking you are in love with someone of the same sex and it's hassling your mind. Thinking you are in love with someone of the opposite sex and it means trouble.
44. DULL: Not having many friends; uninteresting; failure to gain respect of others.
45. SLEEPING AROUND: Going to bed with another person to gain security; searching for love; feel the need to be wanted; not being too choosy about "who to get it with".
46. MIXED UP FEELINGS: Not quite sure of anything.