



Focus Areas: An Alphabetical Checklist

Check any box that applies—even if you're not sure why. There's no wrong answer.

Check if You Want To Address	Topic	Check if You Want To Address	Topic
<input type="checkbox"/>	Adaptability	<input type="checkbox"/>	Infidelity / Affairs
<input type="checkbox"/>	Addictions (alcohol, drugs, etc.)	<input type="checkbox"/>	Influence & Persuasion
<input type="checkbox"/>	Adult A.D.D./A.D.H.D.	<input type="checkbox"/>	Initiative
<input type="checkbox"/>	Aging and Life Stages	<input type="checkbox"/>	Integrity / Ethics / Morals
<input type="checkbox"/>	Anger or Rage Issues	<input type="checkbox"/>	Job Problems
<input type="checkbox"/>	Anxiety or Worry	<input type="checkbox"/>	Leadership Development
<input type="checkbox"/>	Assertiveness Training	<input type="checkbox"/>	Learning & Study Skills
<input type="checkbox"/>	Attitude / Enthusiasm	<input type="checkbox"/>	Life Balance



<input type="checkbox"/>	Betrayal	<input type="checkbox"/>	Listening Skills
<input type="checkbox"/>	Bitterness / Resentment	<input type="checkbox"/>	Loneliness or Rejection
<input type="checkbox"/>	Blended Family Factors	<input type="checkbox"/>	Loss (appetite, focus, control, energy, motivation, sleep, temper)
<input type="checkbox"/>	Boundaries in Life	<input type="checkbox"/>	Marriage Problems
<input type="checkbox"/>	Burnout or Exhaustion	<input type="checkbox"/>	Marital Restoration
<input type="checkbox"/>	Career Development & Direction	<input type="checkbox"/>	Medication / Drug Issues
<input type="checkbox"/>	Career Planning / Change	<input type="checkbox"/>	Mentoring / Being Mentored
<input type="checkbox"/>	Caregiver Stress	<input type="checkbox"/>	Mid-Life Crisis
<input type="checkbox"/>	Change of Lifestyle	<input type="checkbox"/>	Mother Issues
<input type="checkbox"/>	Children - Discipline or Rebellion	<input type="checkbox"/>	Motivation / Passion / Re-Engagement



<input type="checkbox"/>	Chronic Illness or Pain	<input type="checkbox"/>	Navigating Transitions
<input type="checkbox"/>	Church Hurt / Spiritual Abuse	<input type="checkbox"/>	Observation Skills
<input type="checkbox"/>	Clarity & Vision	<input type="checkbox"/>	Optimism / Positive Thinking
<input type="checkbox"/>	Co-dependence or Attachment	<input type="checkbox"/>	Pain Management
<input type="checkbox"/>	Communication Skills	<input type="checkbox"/>	Panic Attacks
<input type="checkbox"/>	Community & Belonging	<input type="checkbox"/>	Parenting Challenges
<input type="checkbox"/>	Compassion Fatigue	<input type="checkbox"/>	Patience
<input type="checkbox"/>	Confidence Building	<input type="checkbox"/>	Peer Relationships
<input type="checkbox"/>	Conflict Management	<input type="checkbox"/>	Perfectionism
<input type="checkbox"/>	Control Issues	<input type="checkbox"/>	Perceptiveness
<input type="checkbox"/>	CPTSD (Complex PTSD)	<input type="checkbox"/>	Persistence / Perseverance



<input type="checkbox"/>	Crisis Management	<input type="checkbox"/>	Pornography
<input type="checkbox"/>	Cultural or Identity Challenges	<input type="checkbox"/>	Pre-marital Counseling
<input type="checkbox"/>	Dealing with Difficult Personalities	<input type="checkbox"/>	Problem-Solving / Critical Thinking
<input type="checkbox"/>	Dealing with Difficult Situations	<input type="checkbox"/>	Productivity Tools & Strategies
<input type="checkbox"/>	Death of a Loved One	<input type="checkbox"/>	Procrastination
<input type="checkbox"/>	Decision Making	<input type="checkbox"/>	PTSD
<input type="checkbox"/>	Depression or Sadness	<input type="checkbox"/>	Purpose & Calling
<input type="checkbox"/>	Divorce-proofing Relationships	<input type="checkbox"/>	Rejection
<input type="checkbox"/>	Divorce Recovery	<input type="checkbox"/>	Relationship Problems (all types)
<input type="checkbox"/>	Domestic Violence or Abuse	<input type="checkbox"/>	Religious and Faith Issues
<input type="checkbox"/>	Eating Disorders	<input type="checkbox"/>	Resilience



<input type="checkbox"/>	Emotional Intelligence	<input type="checkbox"/>	Retirement or Empty Nest
<input type="checkbox"/>	Empathy	<input type="checkbox"/>	Sadness or Apathy
<input type="checkbox"/>	Emotional Regulation	<input type="checkbox"/>	Second Careers
<input type="checkbox"/>	Empowered Mindset	<input type="checkbox"/>	Self-Acceptance
<input type="checkbox"/>	Envy / Jealousy	<input type="checkbox"/>	Self-Awareness
<input type="checkbox"/>	Facilitation & Group Dynamics	<input type="checkbox"/>	Self-Care
<input type="checkbox"/>	Family Dynamics or Dysfunction	<input type="checkbox"/>	Self-Confidence
<input type="checkbox"/>	Father Issues	<input type="checkbox"/>	Self-Image / Self-Esteem
<input type="checkbox"/>	Fears & Phobias	<input type="checkbox"/>	Self-Regulation
<input type="checkbox"/>	Financial Stress & Stewardship	<input type="checkbox"/>	Sexual Addiction
<input type="checkbox"/>	Forgiveness	<input type="checkbox"/>	Sexual Issues
<input type="checkbox"/>	Friendships & Social Skills	<input type="checkbox"/>	Shame and Vulnerability
<input type="checkbox"/>	Grief and Loss Recovery	<input type="checkbox"/>	Singleness



<input type="checkbox"/>	Guilt and Shame	<input type="checkbox"/>	Single Parenting
<input type="checkbox"/>	Habit Change	<input type="checkbox"/>	Social Anxiety or Phobia
<input type="checkbox"/>	Health – Medical or Physical	<input type="checkbox"/>	Social Awareness
<input type="checkbox"/>	Healthy Masculinity / Femininity	<input type="checkbox"/>	Spiritual Disciplines
<input type="checkbox"/>	Honesty & Integrity	<input type="checkbox"/>	Spouse Abuse / Domestic Violence
<input type="checkbox"/>	Human Flourishing	<input type="checkbox"/>	Stewardship & Giving
<input type="checkbox"/>	Identity & Self-Acceptance	<input type="checkbox"/>	Stress Reduction / Management
<input type="checkbox"/>	In-Law Dynamics	<input type="checkbox"/>	Substance Abuse Recovery
<input type="checkbox"/>	Team Development	<input type="checkbox"/>	Teen/Late Adolescent Concerns (rebellion, identity, etc.)
<input type="checkbox"/>	Time Management	<input type="checkbox"/>	Trauma Recovery
<input type="checkbox"/>	Trust Building	<input type="checkbox"/>	Trust Violations



<input type="checkbox"/>	Unemployment / Vocational Transitions	<input type="checkbox"/>	Values Clarification
<input type="checkbox"/>	Violence / Rage	<input type="checkbox"/>	Vocational Discernment
<input type="checkbox"/>	Work-a-holism / Work-Life Integration	<input type="checkbox"/>	Work Ethic
<input type="checkbox"/>	Other: _____ -		

How to Begin On Your Own (or With Others)

- **Browse the checklist** and check any areas that stand out—even if you aren't sure why.
- **Pray or reflect:** Ask God to reveal which areas may need His care the most right now.
- **Send your checklist to us before the first session** so we can help you start well and focus support where it's needed most.