

## CHECKLIST OF SYMPTOMS THAT YOU ARE CURRENTLY EXPERIENCING

Circle current **symptoms**, check those that are in the past

dizziness      headache      fainting episode      racing/pounding heart      short of breath  
chest pain      nausea      stomach upset      poor or no appetite      feeling more hungry  
fatigue      nightmares      waking up earlier than intended      hard to wake up  
sleeping for long periods      hard to fall asleep      blackouts      alcoholism      irritability  
panicky      tremors      weight gain      weight loss      tension      sweating  
fear of losing control      feeling like you are going crazy      fear of dying      anxious  
trembling      "in a daze"      unwanted repetitive thoughts      unwanted repetitive habits  
avoiding crowded places      physical tension

experienced or witnessed a life-threatening event or serious injury  
distressing recollections of that event or injury      distressing dreams of it  
sense of fear, hopelessness, or horror during the event      acting or feeling it is happening again  
difficulty talking about the event      difficulty seeing anything that reminds you of it  
feeling you are not real      losing track of time      feeling your future is shortened (like you won't have a career, marriage, children, normal life span, etc.)

depressed      suicidal thoughts/ideas      past suicide attempt      feeling detached from others  
drug use      mood swings      unable to relax      sexual problems      lack of sexual desire  
feeling you have no emotions      unable to enjoy sex      hard to make decisions      confusion  
things that used to be pleasant are dull now or you are disinterested in them      sadness  
not motivated to start anything      hopelessness      feeling helpless      future looks bleak  
memory difficulties      concentration problems      crying spells      low energy  
anger that is out of control      depression worse in morning      depression worse in later day  
sleeping a lot during the day      depressing/dark thoughts at night

can't keep a job      over-ambitious      gambling problems      feel lonely      money problems  
bad home conditions      shyness      difficulty speaking when asked a question      work stress  
paranoia      hearing voices      feeling or seeing something that you've been told isn't there  
difficulty keeping friends      food bingeing      food purging      legal concerns  
difficulty with romantic relationships      feeling "on guard" for danger that could happen

easily blame others      argumentative      defying rules      physical abuse issues  
sexual abuse issues  
easily distracted      disorganized      losing things often      impatient      can't sit still  
difficulty paying attention      difficulty waiting in lines      impatient      caffeine doesn't affect you  
often making careless mistakes      reading several books at once  
starting but not finishing projects      hard to be still      others have said you don't listen well

difficult for you to not interrupt others      tend to be very talkative      often “on the go”  
decreased need for sleep      acting as if “driven by a motor”      unrestrained buying sprees  
times when you feel great, like you can accomplish anything      sense of thoughts “racing”  
times when you drove a car at high speeds      spouse abuse issues

feeling empty      history of purposely cutting or hurting your body      perfectionistic  
feeling life has no meaning      suspecting your partner is unfaithful      needing a lot of  
reassurance from others      feel as if people will abandon you      always need a relationship  
like to be the center of attention      can't make friends      can't keep a job  
home conditions are bad      often use aspirin or painkillers      excessive use of alcohol  
excessive use of prescribed medication

Additional symptoms or concerns (not already mentioned elsewhere in forms)?

If you have fears, what are the main ones?