

## SYMPTOM CHECKLIST

Name: \_\_\_\_\_

Date: \_\_\_\_\_

DOB: \_\_\_\_\_

Please check (✓) the items below that apply; you may place an asterisk (\*) by the most important ones. If it does not apply to you, please leave it blank.

Recurrent unpleasant thoughts	
Trouble remembering things	
Difficulty getting things done	
Do things very slowly to ensure correctness	
Mind going blank	
Double-check what you do	
Difficulty making decisions	
Repeat behavior, like touching or washing	
Feel criticized by others	
Uneasy with opposite sex	
Feelings easily hurt	
Feel others do not understand you	
Feel people are unfriendly	
Feel self-conscious with others	
Feel inferior to others	
Feel low in energy	
Thoughts of ending your life	
Cry easily	
Feel trapped	
Blame self for things	
Lonely	
Feel sad, blue	
Worry too much	
Feel hopeless	
Little interest in things	
Feel everything is hard	
Feel worthless	
Nervous	
Trembling	
Fearful	
Suddenly scared for no reason	
Racing heart	
Feel tense	
Feel restless	
Spells of panic	
Feeling that something bad is going to happen	
Feel easily annoyed	

Temper outbursts	
Frequent arguments	
Urges to beat or harm someone	
Urges to break things	
Shouting or throwing things	
Afraid of open spaces	
Afraid to leave house alone	
Nightmares	
Easily startled	
Feel numb and detached or disconnected from reality	
Avoid things, places or activities because they frighten you	
Feel uneasy in crowds	
Feel others are to blame for most of your troubles	
Recurrent unpleasant memories	
Feel nervous when alone	
Feel most people cannot be trusted	
Feel you are being watched by others	
Feel others will take advantage of you	
Feel others don't give you proper credit for achievements	
Loss of appetite or poor appetite	
Increased appetite or snacking	
Difficulty falling or staying asleep	
Idea that someone or something else can control your thoughts	
Hear voices, knocking, footsteps, or other noises that others cannot hear	
Other people know your private thoughts	
See people or objects that others cannot see	
Feel lonely when with people	
Thoughts about sex that bother you	
Thoughts of death or dying	
Never felt close to another person	
Other:	