



Symptoms / Interference in life / Significant changes

Please check the appropriate circles, if it applies. We will go over this during your assessment.

Arrow pointing down means decrease; up means increase.

SLEEP

- initial insomnia
(trouble getting to sleep)
- mid insomnia
(waking up during the night)
- terminal insomnia
(waking up early & staying up)
- normal hrs. of sleep: _

current hrs. of sleep: _

BEHAVIOR

- ↑ alcohol / drug
- ↓ chores, house
- ↑ cleaning
- ↓ dress / presentation
- gambling
- ↓ hygiene
- ↓ multitasking
- ↓ organization
- ↑ smoking cigarettes
- ↑ clutter
- ↑ spending money
- ↓ normal level of functioning
- repetitive behaviors or thoughts
- spontaneous
- non-spontaneous

SOCIAL

- isolation
- ↓ communication
- avoidance
- loneliness
- boredom
- friendship conflict
- relationship conflict

SEX

- ↓ libido (sex drive)
- ↑ libido
- sexual dysfunction
- pornography
- ↓ masturbation
- ↑ masturbation

MOOD

- agitation
- anger
- anxious
- ↑ arguments
- ↓ motivation
- crying spells
- irritation
- ↓ relaxation
- sad
- stressed
- yelling
- ↓ interest
- feeling lost, just kind of existing
- not feeling good about yourself

EMPLOYMENT

- ↑ absence
- ↓ production
- co-worker/boss conflict

FOOD

- ↓ eating / appetite
- ↑ eating / appetite
- binge eating
- self-induced vomit
- ↓ weight
- ↑ weight

THOUGHT PROCESS

- ↓ attention
- ↓ concentration
- racing thoughts
- ↓ focus
- flashbacks
- mind only shuts down during sleep
- easily bored
- daydream often
- often create scenarios in your mind
- normally have problems with focus & memory

PHYSICAL SYMPTOMS

- digestive system
- headaches
- ↓ energy level
- aches & pains
- other

Please write any other symptoms that are not on this list: