

### Symptom Checklist for Adults

x	Please check all that apply	x		x	
	<b>Mood</b>		<b>Sleep</b>		<b>Anxiety</b>
	Sadness		Can't fall asleep		Worry/nervousness
	Loss of interest/pleasure		Can't stay asleep		Shaking
	Hopelessness		Waking up too early		Sweating
	Guilt		Feeling tired all day		Feeling hot/cold
	Feeling worthless		Need less sleep than usual		Feeling faint/dizzy
	Low energy		Need alcohol/drugs to sleep		Things feel unreal
	Concentration problems		Other:		Feeling detached
	Low self esteem				Nausea
	Mood swings		<b>Eating</b>		Chest pain
	Wanting to die		Decreased appetite		Numbness/tingling
	Wanting to injure myself		Increased appetite		Pounding heart
	Feeling extra happy		Weight loss		Fear of dying
	Too much energy		Weight gain		Fear of going crazy
	Unusually talkative		Making myself throw up		Fear of leaving house
	Racing thoughts		Restricting food intake		Muscle tension
	Distractibility		Binge eating		Pulling hair/eyelashes
	Irritability		Excessive exercise		Counting/washing
	Anger		Using laxatives		Shyness
	Reckless/risky behavior		Other:		Social anxiety
	Other:				Nightmares
			<b>Sexual</b>		Flashbacks
	<b>Physical</b>		Decreased desire		Easily startled
	Headache		Increased desire		Fears of:
	Stomachache		Unable/difficulty w/orgasm		
	Vomiting		Erectile difficulties		<b>Risk factors</b>
	Muscle pain		Early ejaculation		Impulsive behavior
	Joint pain		Sex addiction		Binge drinking
	Back/neck pain		Unwanted sexual thoughts		Drug use
	Other:		Pain during intercourse		I think about suicide
			History of sexual trauma		I have a plan for suicide
	<b>Unusual experiences</b>		Other:		I intend to kill myself
	I hear voices				I think about hurting someone
	I see things others don't see		<b>Relationship Concerns</b>		I have a plan for hurting someone
	I believe things others don't		Hard to get along w/others		I intend to hurt someone
	I am being followed/watched		Wish I had more friends		
	Someone is trying to hurt me		Avoiding people		<b>These problems affect my:</b>
	I'm not sure what's real		Recent breakup/divorce		Relationships
	I can't remember things		Relationship violence/abuse		Work/school performance
	Other:		Parenting concerns		Health
			Family of origin concerns		Other:
			Death of loved one		
			Communication problems		
			Other:		