

Symptoms Form Name: _____

Feelings of Sadness Fatigue Low Self-Worth Inappropriate Guilt Thoughts of Death
 Insomnia Sleeping too Much Loss of Interests or enjoyment Weight Change (lbs? ____) Poor
Concentration Feeling slow or Lethargic Restlessness/agitation Social Withdrawal

Thoughts of Self Harm Self-cutting Suicide Plan Actual Self-Harm Actions:
How? _____ Thoughts of or impulses to harm someone else History of Harm to Others:
Describe _____ History of incarceration: Describe: _____

Racing Thoughts Sudden Mood Swings Distractibility Elevated Self Esteem High Activity
Level Feelings that you can do anything Extreme energy Feeling elated Increased Activity /
Agitation Engaging in Activities that feel good at the time but have potential for negative consequences?
(spending, sex, gambling). Feeling extremely confident or sexy Anger Outbursts Raging at Others

Discrete periods in which you feel some of the following: Heart Palpatations Sweating Trembling
 Lightheaded or Dizzy Abdominal Distress or Nausea Chest tightness Feeling Outside of Yourself
 Nothing feels real Numbness in your extremities Choking Chills Shortness of Breath Fear of
Dying Fear of Losing control or Going Crazy Trips to the ER for these symptoms

When these symptoms occur, how long do they last? _____

Excessive Worry Keyed up or on edge Unable to relax Muscle Tension Irritability Mind
going Blank Inability to stay focused Difficulty holding still Forgetting why you entered the room

Shyness or Social Phobia Fear of Crowds or Public Places Specific Phobias Unwanted or horrific
thoughts that occur over and over Fear of germs Excessive Cleaning Compulsion to do certain
behaviors (checking, hand washing, etc) or mental activities (counting, etc). Desire to have everything in
order

Have you experienced a significant loss in the past year?

Have you experienced a trauma which has affected your life or well-being, or that of a loved one?

If you answered yes to the above trauma questions, please check any of the following related symptoms:

Nightmares about the event Irrational Fears Flashbacks of the event Sleep disturbances
 Irritability Feeling estranged from others Avoiding thinking / talking about the event Easily
startled, extreme startle response Watchfulness, excessive alertness

Inaccurate body image Avoiding eating / extreme dieting Emotional eating causing weight gain
 Binging followed by purging Extreme exercise Use of laxatives Eating addiction Feeling
paranoid Feeling suspicious Feeling Extreme Hatred Afraid for your life Visual or auditory
hallucinations Feeling Possessed Feeling you Can't Control Your Impulses Alcohol Misuse Use
of Illicit Drugs Misuse of Prescribed medicines

Life Problems:

Marital or Relationship problems Occupational Problems Problems Related to Social Environment
 Parent/ Child problems Housing Problems Problems with access to health care Problems related
to legal system (arrest, litigation, victim of crime, etc) Other Environmental Problems

This information will remain in your confidential file, protected by State and Federal Confidentiality Laws