

Symptom Checklist

On a scale of one to ten, how do you feel? (circle the number) [1 = sad, tired, anxious, tense, irritable, withdrawn & 10 = happy, rested, relaxed, energized, involved in life]

1 2 3 4 5 6 7 8 9 10

Check any words that describe how you have been feeling:

- Trouble concentrating
- Sad/Crying
- Overeating/Not eating
- Slept too much/Haven't been sleeping
- Irritable/Angry/Worried/Anxious
- Impulsive
- Don't care/Pessimistic
- Racing thoughts/going a mile a minute
- Lazy/No energy
- Aches and pains
- Guilty/Hopeless/Worthless/Overwhelmed
- Difficult to concentrate or make decisions
- Wanted to be alone
- Reckless
- Thoughts of death or suicide
- Alcohol/Substance use
- Other: