

SYMPTOM CHECKLIST

Date: _____

Name: _____

Physical

- Excessive sleeping
- Difficulty sleeping
- Nightmares
- Excessive appetite, emotional eating
- Loss of appetite
- Weight gain or loss
- Feeling tired much of the time, fatigued
- Feeling faint, dizzy, light-headed often
- Headaches, migraines
- Stomach or abdominal pain or problems
- Panic attacks or anxiety attacks
- Binging and/or purging
- Excessive dieting
- Excessive exercise
- Use of laxatives for weight control

Mood

- Little or no interest in previously enjoyed activities
- Frequent crying or periods of heavy sadness
- Low motivation
- Irritability
- Temper, anger outbursts, "short fuse"
- Thoughts of hurting or killing myself
- Excessive fears or anxiety
- Unresolved guilt
- Low self-worth; feeling of inferiority, inadequacy

Thought Patterns

- Problems concentrating or remembering
- Flashbacks or ruminating of past unsettling events
- Racing or obsessive thoughts
- Periods of time where I have no memory
- Hallucinations – Audio or Visual
- Excessive fear of weight gain
- Excessive fear of germs
- Excessive fear that someone is "out to get me"

Substance Abuse/Addiction:

- Alcohol Abuse
- Marijuana
- Cocaine or Crack
- Heroin, Opiates, Oxycodone, etc.
- Hallucinogens, LSD
- Inhalants
- Prescription Drugs
- Cigarette Smoking
- Have bought drugs
- Have sold drugs
- Stealing to obtain \$ for drugs/alcohol
- Hiding the extent of alcohol & drug problem
- Loss of memory from using (blackouts)
- Use of more & more substances over time
- Gambling Addiction or problematic use
- Video Games Addiction or problematic use
- Pornography Addiction or problematic use

Behavior

- Hyperactivity
- Difficulty controlling temper
- Physically hurting others

- Breaking objects or property out of anger
- Compulsive behaviors, i.e. hand-washing, turning off and on light switches, counting steps, etc.
- Cutting on my arms, legs or other body parts

School:

- Grades have dropped or have failed classes
- Skipping school, missing classes
- Lack of friends at school
- Trouble with teachers or principal

Social / Relational

- Feeling socially isolated; Have no or few friends
- Relationships seem to lack depth of connection
- Friendships continually involve alcohol, drugs or destructive activities
- Frequent arguments/conflicts with others
- Shyness; anxiety in social environments
- Codependency: compulsion to fix/help others
- Loss of significant relationship/friendship
- Problems relating to the opposite sex
- Difficulty with authority figures

Dating/Relationship Problems:

- Lack of boyfriend/girlfriend
- Conflict with boyfriend/girlfriend
- Painful break-up with boyfriend or girlfriend
- Parents dislike boyfriend/girlfriend
- Feel pressured for sexual involvement
- Fears of pregnancy
- Fears of sexually transmitted diseases
- Unprotected sex

Sexual

- Unclear about values, boundaries related to sex
- Guilt over sexual behavior
- Sexually transmitted diseases
- Same-sex attraction
- Addiction to pornography
- Unwanted pregnancy/abortion

Abuse

- Sexual abuse (or question whether you have)
- Date rape/rape
- Physical Abuse
- Neglect
- Emotional Abuse
- Spiritual Abuse/Ritualistic Abuse

Financial/Work Problems

- Not having enough money
- Not having a job
- Worried about parents finances/job

Relationship With Parents/Family:

- Negative or distant relationship with Dad (Step)
- Negative or distant relationship with Mom (Step)
- Frequent conflicts over rules & consequences

Spiritual

- Confusion or turmoil about spiritual beliefs
- Excessive guilt or shame over actions
- Conflicts with significant others over beliefs
- Difficulty with issues of forgiveness-self or others

Other:
