

Name: _____ DOB: _____ Date: _____

Mark **only** the symptoms that you're experiencing now, leave everything else blank.

Rate symptoms: **1** = Mild difficulty **2** = Moderate difficulty **3** = Severe difficulty

Sad most of the time	Self destructive behavior
Tearful / excessive crying	Self harm (i.e. cutting, burning...)
Hopeless	Blames others
Helplessness	Impulsive / takes unnecessary risks
Worthlessness	Poor judgment
Lacks confidence / insecure	Inappropriate or odd social behaviors
Feelings of guilt & / or shame	Increased sex drive / risky sex
Social isolation	Grandiose (over the top) ideas
Loneliness	Overly energetic
Lost interest in friends & activities	Excessive happiness
Difficulty relating to others	Decreased need for sleep & feels rested
Unable to keep friends	Increased sleep w/out feeling rested
Grief / loss	Difficulty falling & / or staying asleep
Poor attention to hygiene	Nightmares / bizarre / vivid dreams
Low motivation	Startles easily
Low energy / fatigue / exhaustion	Can't stop remembering past events
Poor concentration	Can't turn mind off (racing thoughts)
Easily distractible	Anxious / fearful / excessive worry
Difficulty comprehending things	Muscle tension
Difficulty w/ memory	Physically restless / can't sit still
Frequently loses objects	Upset stomach / nausea
Chronically late	Rapid breathing / trouble breathing
Interrupts others frequently	Chest pain / pounding heart
Overly talkative / rapid speech	Sense of impending doom
Sexual difficulties / decreased sex drive	Panic attacks
Poor appetite / weight loss	Fearful to leave your house
Increased appetite / weight gain	Preoccupation w/ death
Bingeing (food / alcohol / drugs / \$\$\$)	Phobias
Purging (self induced vomiting)	Repetitive / obsessive behaviors
Dangerous calorie restriction	Repetitive / obsessive intrusive thoughts
Excessive exercise	Lying
Mood changes w/ weather	Secretive
Mood swings	Overly suspicious / paranoid
Irritability / agitation	Hears voices others do not
Argumentative	Sees things others do not
Anger / yelling / rage	Homicidal thoughts / plans
Road rage	Suicidal thoughts / plans
Verbally or physically abusive to others	Access to weapons Y / N
Destructive to property	Other: