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Check all words/phrases that describe what you are experiencing:

- Substance abuse/dependence
- Addiction (internet, porn, shopping, exercise, gaming, gambling, etc.)
- Feelings of being sad or blue for no reason
- crying a lot for no reason
- Having a hard time falling asleep or staying asleep
- I sleep too much
- Things I used to enjoy are no longer fun or enjoyable
- Decreased motivation
- Withdrawing from people/Isolation
- High/Low energy level
- Change in weight or appetite
- Change in sleeping pattern
- Feelings of hopelessness/Worthlessness
- Feelings of shame or guilt
- Feelings of inadequacy/Low self-esteem
- Suicidal thoughts or plans/Thoughts of hurting yourself
- I have attempted suicide
- Self-harm/Cutting/Burning yourself
- Homicidal thoughts or plans/Thoughts of hurting others
- Angry/Irritable
- Mood Swings
- Black and white thinking/All or nothing thinking
- Negative thinking
- Poor concentration/Difficulty focusing
- I am distracted easily
- I have a hard time sitting still
- I act as if I am driven by a motor
- I have a hard time listening when people talk to me
- Anxious/Nervous/Tense feelings
- Panic attacks
- I am afraid of certain objects or situations
- Racing or scrambled thoughts
- Bad or unwanted thoughts
- Flashbacks/Nightmares
- Muscle tensions, aches, etc.
- I have experienced a traumatic event
- Hearing voices/Seeing things not there
- Paranoid thoughts/Thoughts that someone is watching you, out to get you or hurt you
- I have been bullied
- Thoughts of running away
- Feelings of frustration
- I have hurt animals on purpose
- Perfectionism
- Rituals of counting things, washing hands, checking locks, doors, stove, etc./Overly concerned about germs
- Distorted body image (believe you are heavier or less attractive than others say you are)
- Concerns about dieting
- Feelings of loss of control over eating
- Binge eating/Purging
- Rules about eating/Compensating for eating
- Excessive exercise
- Indecisiveness about career
- Job problems
- Other: