Problem Checklist

Name: ___________________________________ Date: __________________

Current symptoms/issues: (check ones that apply)

☐ Depressed mood, feeling sad
☐ Decreased energy/lacking motivation
☐ Lack of interest/enjoyment
☐ Frequent crying
☐ Suicidal thoughts, thoughts of death
☐ Grief/loss issues
☐ Hopelessness/helplessness
☐ Guilt/Inferiority feelings
☐ Difficulty making decisions
☐ Memory problems
☐ Withdrawing/isolating self
☐ Difficulty falling asleep
☐ Sleeping excessively

☐ Irritability/anger
☐ Elevated mood
☐ Increased energy
☐ Mood swings
☐ Increased self esteem
☐ Increased goal direction
☐ Temper problems/poor control
☐ Racing thoughts

☐ Past use of substances
☐ Current use of substances
☐ Injury or physical disability
☐ Chronic illness
☐ Learning problems
☐ History of substance dependence

☐ Shyness/sensitive to criticism
☐ Anxiousness/excessive worry
☐ Perfectionism
☐ Panic attacks
☐ Obsessive thoughts/behaviors
☐ Compulsive thoughts/behaviors
☐ Pounding or racing heart
☐ Dizziness
☐ Sweating
☐ Nausea/vomiting
☐ Hot/cold flashes
☐ Fear of dying
☐ Shortness of breath
☐ Trembling
☐ Choking
☐ Numbness/tingling
☐ Fear of situation/places
☐ Fear of going out of control

☐ Difficulty concentrating
☐ Impulsiveness
☐ Poor decision making
☐ Difficulty paying attention
☐ Excessive activity
☐ Procrastination
☐ Difficulty following through/completing work

☐ Financial problems
☐ Legal problems
☐ Family issues

☐ Disorganized thoughts
☐ Difficulty with thinking
☐ Delusions
☐ Unusual beliefs or thoughts
☐ Hearing voices
☐ Seeing things
☐ Paranoia/suspicious of others
☐ Feeling disconnected
☐ Flashbacks
☐ Nightmares

☐ Physical complaints
☐ Coexisting medical conditions
☐ Increased appetite
☐ Decreased appetite
☐ Binging, purging, restricting
☐ Self-harm (e.g., cutting)

☐ Emotional/Verbal abuse
☐ Physical abuse
☐ Sexual abuse
☐ Partner abuse
☐ Perpetrator of abuse
☐ History of violence
☐ Homicidal thoughts

☐ Romantic relationship stress
☐ Stress related to sexuality
☐ Stress related to gender
☐ Recent loss/death
☐ Social problems

If you would like to elaborate on any of the above, feel free to do so here:

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