Problem Checklist

ones that apply)	
☐ Shyness/sensitive to criticism	☐ 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
<u>C</u>	☐ Increased appetite
	☐ Decreased appetite
	☐ Binging, purging, restricting
	☐ Self-harm (e.g., cutting)
in real of going out of control	☐ Emotional/Verbal abuse
□ Difficulty concentrating	☐ Physical abuse
	☐ Sexual abuse
	☐ Partner abuse
•	☐ Perpetrator of abuse
	☐ History of violence
	☐ Homicidal thoughts
	- Homerau moughts
	☐ Romantic relationship stress
unough completing work	☐ Stress related to sexuality
☐ Financial problems	☐ Stress related to gender
•	☐ Recent loss/death
	☐ Social problems
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above, feel free to do so here:	
	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