

Do you have any of the following? (Please put a check by all that apply.)

- Difficulty sleeping
- too much sleep
- nightmares
- sleep walking
- changes in appetite or weight
- trouble concentrating
- difficulty with work or school
- difficulty with relationships
- depressed mood
- lack of interest in pleasurable activities
- feeling that life is not worth living
- decreased energy
- decreased motivation
- increased energy
- irritability - little things getting on your nerves
- impulsivity - saying things/spending money/having sex - that you'd be better off not doing
- killing or being violent against living beings
- destroying non-living things
- violence towards yourself - such as cutting or burning
- low self-esteem/ feeling "not good enough"
- issues concerning sexuality
- problems getting rid of things/ dirty overcrowded living space
- too busy with life
- feeling that others are watching you or talking about you
- feeling that others are trying to do you wrong
- people stealing from you
- panic attacks
- anxiety
- fear of losing control
- fear of being abandoned
- feeling of impending doom
- problems with children
- rituals or compulsions - such as repetitive washing /counting/checking
- a need to have things a certain way or extremely neat
- fear of leaving something undone - like the door unlocked or stove on
- fear of something bad happening in the future
- sorrow or regret about the past
- difficulty completing tasks or achieving goals
- difficulty controlling your own behavior
- spiritual issues
- financial issues

How much do you want these things to change?: _____