

CURRENT SYMPTOM CHECK LIST

These symptoms may or may not be related to the problem which

A.

- trouble going to sleep
- restless sleep
- waking up early and being unable to go back to sleep
- sleeping too much
- feeling guilty
- depressive feelings that are regularly worse in morning
- thoughts of suicide
- having made suicide attempts
- fatigue or loss of energy
- poor concentration and memory
- decreased sex drive
- significant feelings of restlessness
- loss of pleasure in usual activities
- appetite loss
- feeling worthless
- weight loss
- weight gain
- feelings of sadness or depression
- withdrawing from others

B.

- palpitations
- light headedness
- sweating
- trembling
- sense of dread
- muscle tension
- chest pains
- frequent urination
- dizziness
- panic attacks
- shortness of breath
- cold, clammy hands
- afraid of losing control
- avoiding certain situations

C.

- nausea, upset stomach, ulcers
- headaches
- itching
- over eating
- lower back pain

- vomiting
- hot or cold spells
- numbness or tingling in parts of your body
- allergy problems
- high blood pressure
- menstrual irregularity or distress
- asthma attacks
- hives
- irritable bowels, constipation, diarrhea
- tics
- smoking
- consumption of products high in sugar/sugar cravings
- eating disturbances
- frequent flu or colds
- minor accidents
- sinus problems
- grinding teeth, jaw tension, or pain
- joint pain
- metabolic dysfunction (thyroid problems, hypoglycemia, diabetes)
- heart disease
- uncontrollable habits
- other _____

D.

- arguing with others
- feeling critical of others
- feeling people dislike you
- feeling shy or uneasy
- wanting to be alone often
- difficulty communicating what you really think or feel
- feeling bored with others
- feeling inadequate, less than others
- others do not understand you
- feeling lonely even when with others
- others are inferior to you
- others not meeting your needs
- other relationship problems