

Check all that may apply now or in the past so we may discuss these.

Feeling nervous, irritable or on edge

Feeling a sense of impending danger, panic or doom

An increased heart rate or heart palpitations

Breathing rapidly (hyperventilation), sweating, and/or trembling

Muscle tension: shoulders, neck area or other body parts

Feeling weak or tired

Difficulty concentrating

Having trouble sleeping or maintaining sleep

Fear or anxiety in social situations, from the fear of being judged or criticized by others

Depressed mood (feeling sad, empty, hopeless)

Loss of interest or pleasure in activities

Significant weight loss/gain due to changes in appetite

Difficulty sleeping or sleeping too much

Loss of energy or increased fatigued

Feelings of worthlessness or excessive guilt

Difficulty concentrating or indecisiveness

Increase in purposeless physical activity (pacing), or slowed movements and speech (observed by others)

Thoughts of death or suicide

Lacking focus: distractedness, carelessness, difficulty finishing tasks

Disorganisation: poor time management, forgetfulness

Hurried behaviours: foot-tapping, pen-tapping, speeding, switch rapidly between tasks

Tendency to be bored or restless, with low mood when they are under-stimulated

Racing thoughts or feelings with difficulty winding down even when tired

Poor impulse control: impulse buying, interrupting conversations, substance abuse

Recent transition: move, change in job

Recent Death or Loss of friend or loved one

Suspicious of others

More talkative than usual

Mood swings

Thoughts/ behaviors that are strange

Destroys things when angry

Often swears or uses obscene language

Often spiteful or vindictive

Often angry or resentful

Cruel to animals

Chronic mental illness

Difficulty with relationships: family, friends, work related
Gambling, Substance Use/Abuse, Spending Money Impulsively

Notes:

Client Name: _____ Date: _____