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YOUR BEST LIFE WAITS COUNSELING & COACHING INSTITUTE, PLLC

Symptom Checklist

Please mark those symptoms you are currently experiencing or you have experienced in the past 2-3 weeks.

- ☐ Agitated mood/irritable
- ☐ Appetite change
- ☐ Depressed mood
- ☐ Excessive guilt
- ☐ Excessive time in bed
- ☐ Fatigue, energy decrease
- ☐ Frequent crying
- ☐ Loss of interest in activities/hobbies
- ☐ Low concentration
- ☐ Low self-esteem
- ☐ Sleep disturbance
- ☐ Weight change
- ☐ More talkative than usual, pressure to keep talking
- ☐ Elevated mood
- ☐ Decreased need for sleep
- ☐ Racing thoughts
- ☐ Excessive/unreasonable enthusiasm
- ☐ Nervousness
- ☐ Shortness of breath
- ☐ Chest pain
- ☐ Heart palpitations
- ☐ Sweating
- ☐ Nausea
- ☐ Dizziness
- ☐ Frequent need for reassurance
- ☐ Panic attacks
- ☐ Worries about social situations
- ☐ Easily distracted
- ☐ Avoid tasks that take time/effort
- ☐ Poor attention to details
- ☐ Restless, fidget
- ☐ Short attention
- ☐ Talk excessively
- ☐ Have difficulty with organization
- ☐ Have difficulty listening
- ☐ Changes in sexual desire, arousal or performance

Concern for self or partner regarding:

- ☐ Gambling
- ☐ Alcohol Use
- ☐ Pornography
- ☐ Prescription/non-prescription drug use

*SIGNATURE:*_____ *DATE:*_____