

CHESAPEAKE PSYCHOLOGICAL ASSOCIATES

SYMPTOM CHECKLIST

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Check the symptoms you have noticed recently in yourself/child and give to your therapist.

PHYSICAL

- \_\_\_ allergies
- \_\_\_ appetite changes
- \_\_\_ headaches
- \_\_\_ muscular tension
- \_\_\_ fatigue
- \_\_\_ insomnia
- \_\_\_ sleeping more than usual
- \_\_\_ weight loss
- \_\_\_ weight gain
- \_\_\_ colds
- \_\_\_ muscle aches
- \_\_\_ digestive upsets
- \_\_\_ pounding heart
- \_\_\_ teeth grinding
- \_\_\_ low energy
- \_\_\_ restlessness
- \_\_\_ foot-tapping
- \_\_\_ finger-drumming
- \_\_\_ addition to drugs
- \_\_\_ addiction to alcohol
- \_\_\_ addiction to pornography
- \_\_\_ addition to cigarettes
- \_\_\_ increased alcohol, drug, tobacco use
- \_\_\_ abuse

EMOTIONAL

- \_\_\_ anxiety
- \_\_\_ frustration
- \_\_\_ the "blues"
- \_\_\_ mood swings
- \_\_\_ temper outbursts
- \_\_\_ nightmares
- \_\_\_ crying spells
- \_\_\_ irritability
- \_\_\_ depression
- \_\_\_ nervousness
- \_\_\_ worrying
- \_\_\_ easily discouraged
- \_\_\_ little joy
- \_\_\_ sadness
- \_\_\_ anger
- \_\_\_ fearfulness
- \_\_\_ panic (anxiety) attacks
- \_\_\_ phobias
- \_\_\_ abuse

MENTAL

- \_\_\_ memory problems
- \_\_\_ dull senses
- \_\_\_ difficulty thinking/concentrating
- \_\_\_ difficulty making decisions
- \_\_\_ low productivity
- \_\_\_ negative attitude
- \_\_\_ confusion
- \_\_\_ lethargy
- \_\_\_ racing thoughts
- \_\_\_ spacing out
- \_\_\_ negative self-talk
- \_\_\_ recurrent unwanted thoughts
- \_\_\_ compulsive behavior
- \_\_\_ hallucinations
- \_\_\_ boredom
- \_\_\_ easily distracted
- \_\_\_ delusions

SPIRITUAL

- \_\_\_ emptiness
- \_\_\_ loss of meaning
- \_\_\_ doubt
- \_\_\_ unforgiving
- \_\_\_ martyrdom
- \_\_\_ looking for magic
- \_\_\_ loss of direction
- \_\_\_ needing to "prove" self
- \_\_\_ cynicism
- \_\_\_ searching for God
- \_\_\_ no inner peace

RELATIONAL

- \_\_\_ isolation
- \_\_\_ intolerance
- \_\_\_ resentment
- \_\_\_ loneliness
- \_\_\_ lashing out
- \_\_\_ withdrawing
- \_\_\_ claming up
- \_\_\_ lowered sex drive
- \_\_\_ nagging
- \_\_\_ distrust
- \_\_\_ lack of intimacy
- \_\_\_ using people
- \_\_\_ feeling oppositional
- \_\_\_ blaming others
- \_\_\_ feeling disconnected
- \_\_\_ problems with authority
- \_\_\_ fewer contacts with friends

ATTITUDINAL

- \_\_\_ self-doubt
- \_\_\_ self-criticalness
- \_\_\_ loss of interest in usual activities
- \_\_\_ guilt
- \_\_\_ apathy ("I don't care")
- \_\_\_ impulsivity
- \_\_\_ feeling worthless
- \_\_\_ feeling hopeless
- \_\_\_ "no one cares"
- \_\_\_ suicidal thoughts
- \_\_\_ suicidal plans
- \_\_\_ suicide attempts
- \_\_\_ homicidal thoughts
- \_\_\_ homicidal plans