

Client's Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_ Today's Date \_\_\_ / \_\_\_/ \_\_\_

**Your Symptoms Checklist** (Please Check All That Apply – *Please comment on the Back*)

**Depressive Symptoms** (lasting at least 2 weeks or more) and **Manic Symptoms**

- \_\_\_ Sadness or Uncontrollable Crying Spells
- \_\_\_ Elevated mood (feeling very up / euphoric)
- \_\_\_ Irritable Mood
- \_\_\_ Marked Irritability / Angry Mood
- \_\_\_ Difficulty Concentrating / indecision
- \_\_\_ Frequent Mood Swings
- \_\_\_ Insomnia
- \_\_\_ Excessive Energy
- \_\_\_ Sleeping too much
- \_\_\_ Decreased Need for Sleep (feels rested with almost no sleep)
- \_\_\_ Weight Loss (when not dieting)
- \_\_\_ Excessive Risk Taking (with high potential for self- harm)
- \_\_\_ Weight Gain
- \_\_\_ More Talkative than Usual
- \_\_\_ Feeling Sad or Empty
- \_\_\_ Rapid or Pressured Speech
- \_\_\_ Depressed Mood
- \_\_\_ Racing Thoughts
- \_\_\_ Feelings of Excessive Guilt
- \_\_\_ Poor Judgment / Impulsivity
- \_\_\_ Excessive Tiredness / Lethargy
- \_\_\_ Excessive Spending / Buying Sprees / Max out Credit Cards
- \_\_\_ Sadness or Uncontrollable Crying Spells
- \_\_\_ Increase in Goal Directed Behavior (sex, drugs, alcohol)
- \_\_\_ Lack of Enjoyment / Apathy
- \_\_\_ Grandiose or Delusional Thinking
- \_\_\_ Lack of Motivation

**Impulse Control Problems**

- \_\_\_ Feelings of Worthlessness
- \_\_\_ Explosive or Violent Temper
- \_\_\_ Compulsive Use of Pornography/Sexual Behavior
- \_\_\_ Thoughts of Death (accidental or *wishing I never was born*)
- \_\_\_ Compulsive Gambling
- \_\_\_ Suicidal/Homicidal Thoughts (without plan)
- \_\_\_ Compulsive Spending
- \_\_\_ Suicidal/Homicidal Thoughts (with plan and intent)
- \_\_\_ Compulsive Stealing
- \_\_\_ Previous suicide attempt
- \_\_\_ Compulsive Hair Pulling
- \_\_\_ Family History of Suicide

**Anxiety Symptoms Obsessive-Compulsive Behaviors**

- \_\_\_ Excessive / uncontrollable worry
- \_\_\_ Repetitive /unwanted thoughts that you try to suppress with another thought or action
- \_\_\_ Feeling on edge or keyed up
- \_\_\_ Repetitive behavior such as excessive hand washing, checking, ordering, repeating words, or praying to suppress an unwanted thought or fear
- \_\_\_ Feelings of panic / panic attack
- \_\_\_ Have thoughts that bother you and can't get rid of regardless what you do
- \_\_\_ Fear of going out (due to anxiety of panic attack)
- \_\_\_ Check things over and over to excess
- \_\_\_ Re-experiencing or reliving traumatic event
- \_\_\_ Straighten, order, or tidy things so much that it interferes with daily living
- \_\_\_ Distressing memories or nightmares
- \_\_\_ Worry excessively about acting / speaking more aggressively than you should
- \_\_\_ Feeling numb, unreal, or as if detached from one's body
- \_\_\_ Have great difficulty discarding things even if they have no value
- \_\_\_ Easily startled or exaggerated startle response
- \_\_\_ Tendency to keep things extremely clean or wash hands excessively
- \_\_\_ Avoiding situations that remind you of a traumatic event

**Attention-Deficit / Hyperactivity Disorder**

- \_\_\_(adults) Childhood history of ADHD that was diagnosed or later concluded due to the symptoms of behavioral problems at school, impulsivity, temper outbursts, and lack of concentration.
- \_\_\_ Unable to concentrate or pay attention to things of low interest, even when those things are important to you.
- \_\_\_ Often fails to give close attention to details or make careless mistakes in work or other activities
- \_\_\_ Often has difficulty sustaining attention in tasks
- \_\_\_ Often does not seem to listen when spoken to directly
- \_\_\_ Often does not follow through on instructions and fails to finish duties in the workplace
- \_\_\_ Often has difficulty organizing tasks and activities
- \_\_\_ Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort
- \_\_\_ Often loses things necessary for tasks or activities
- \_\_\_ Disorganized in most areas of his/her life
- \_\_\_ Often easily distracted by extraneous stimuli
- \_\_\_ Often forgetful in daily activities
- \_\_\_ Often restless and fidgety; unable to be sedentary for more than a short period of time
- \_\_\_ Impulsive; has an easily observable pattern of acting first and thinking later
- \_\_\_ Often experiences feelings of restlessness in situations in which it is inappropriate
- \_\_\_ Often has difficulty engaging in leisure activities quietly
- \_\_\_ "Often on the go" or often acts as if "driven by a motor"
- \_\_\_ Often talks excessively
- \_\_\_ Often blurts out answers before questions have been completed
- \_\_\_ Often has difficulty awaiting turn
- \_\_\_ Often interrupts or intrudes on others
- \_\_\_ Has a "low boiling point and a short fuse"
- \_\_\_ Exhibits low stress tolerance, is easily frustrated or upset
- \_\_\_ (Adults) Tendency toward addictive behaviors
- \_\_\_ Starts many projects, but rarely finishes any

**Oppositional Defiant Disorder**

- \_\_\_ Displays a pattern of negativistic, hostile, and defiant behavior toward adults or authority figures.
- \_\_\_ Often acts as if parents, teachers, and other authority figures are the “enemy”
- \_\_\_ Erupts in temper tantrums (e.g., screaming, crying, throwing objects, thrashing on the ground, or refusal to move) in defiance of direction from an adult caregiver.
- \_\_\_ Consistently argues with adults
- \_\_\_ Often defies or refuses to comply with reasonable requests and rules
- \_\_\_ Deliberately annoys people and is easily annoyed by others
- \_\_\_ Often blames others for own mistakes or misbehavior
- \_\_\_ Consistently is angry or vindictive
- \_\_\_ Has experienced significant impairment in social, academic, or occupational functioning

**Conduct Disorder / Delinquency**

- \_\_\_ Persistent refusal to comply with rules or expectations in the home, school, or community
- \_\_\_ Excessive fighting, intimidation of others, cruelty or violence toward people or animals, and destruction of property
- \_\_\_ History of stealing at home, at school, or in the community
- \_\_\_ School adjustment characterized by disrespectful attitude toward authority figures, frequent disruptive behaviors, and detentions or suspensions for misbehavior
- \_\_\_ Repeated conflict with authority figures at home, at school, or in the community
- \_\_\_ Impulsivity as manifested by poor judgment, taking inappropriate risks, and failing to stop and think about consequences of actions
- \_\_\_ Numerous attempts to deceive others through lying, conning, or manipulating
- \_\_\_ Consistent failure to accept responsibility for misbehavior accompanied by a pattern of blaming others
- \_\_\_ Little or no remorse for misbehavior
- \_\_\_ Lack of sensitivity to the thoughts, feelings, and needs of other people
- \_\_\_ Multiple sexual partners, lack of emotional commitment, and engaging in unsafe sexual practices
- \_\_\_ Use of mood-altering substances on a regular basis
- \_\_\_ Participation in gang membership and activities

**Anger Management Problems**

- \_\_\_ History of explosive aggressive outbursts out of proportion to any precipitating stressors, leading to assaultive or destruction of property.
- \_\_\_ Over-reactive hostility to insignificant irritants
- \_\_\_ Swift and harsh judgment statements made to or about others
- \_\_\_ Body language of tense muscles (e.g., clenched fist or jaw) glaring looks, or refusal to make eye contact
- \_\_\_ Use of passive-aggressive patterns (e.g., social withdrawal, lack of complete or timely compliance in following directions or rules, complaining about authority figures behind their backs, nonparticipation in meeting expected behavioral norms) due to anger.
- \_\_\_ Expressions of anger that include threats, destroying property, breaking objects, invading other’s personal space, and refusing to speak to others (who they are mad at).
- \_\_\_ Intimidation and use of coercion to get one’s way
- \_\_\_ Hostile, aggressive behavior that alienates friends, family, neighbors, and others
- \_\_\_ Expressions of anger that are perceived by others as demeaning, threatening, or disrespectful
- \_\_\_ Use of abusive language

**Marital / Couples Conflict**

- \_\_\_ Marital difficulties lead to arguments, causing ongoing erosion of the marital and family relationship
- \_\_\_ Partners are alienated from each other, which places tension on the family unit.
- \_\_\_ Frequent or continual arguing with partner
- \_\_\_ Lack of communication with partner
- \_\_\_ A pattern of angry projection of responsibility for the conflicts onto the partner.
- \_\_\_ Involvement in multiple intimate relationships at the same time.
- \_\_\_ Physical and/or verbal abuse in a relationship

\_\_\_\_\_A pattern of superficial or no communication, infrequent or no sexual contact, excessive involvement in activities (work or recreation) that allows for avoidance of closeness to the partner.

\_\_\_\_\_A pattern of repeated broken, conflicted relationships due to personal deficiencies in problem solving, maintaining a trust relationship, or choosing abusive or dysfunctional partners.

\_\_\_\_\_Talk of separation sparks fears and concern among various family members, causing them to compensate in various ways (e.g., parentification or overindulgence).

\_\_\_\_\_Parents decide to separate, giving rise to questions about which family members stay or leave the home.

\_\_\_\_\_Children are in a loyalty conflict over being separated from one parent and from their siblings

\_\_\_\_\_Parents decide to separate and/or divorce, but remain under the same roof, which contributes to coldness and estrangement in the home.

\_\_\_\_\_Financial difficulties arise as the result of operating two separate households and this restricts family members' amenities.

\_\_\_\_\_Symptoms of anxiety, depression, or acting-out behaviors (substance use, poor school performance, etc) develop in family members.

\_\_\_\_\_Child management problems develop as a result of single parenting and lack of support from ex-spouse.

\_\_\_\_\_Children assume some responsibility and guilt for the marital failure. **Eating Disorder**

\_\_\_\_\_Rapid consumption of large quantities of food in a short period of time followed by self-induced vomiting and/or the use of laxatives due to the fear of weight gain.

\_\_\_\_\_Extreme weight loss (and amenorrhea in females) with refusal to maintain a minimal healthy weight due to very limited ingestion of food and high frequency of secretive, self-induced vomiting, inappropriate use of laxatives, and/or excessive strenuous exercise.

\_\_\_\_\_Preoccupation with body image related to a grossly unrealistic assessment of self as being too fat or a strong denial of seeing self as emaciated.

\_\_\_\_\_Irrational fear of becoming overweight.

\_\_\_\_\_Fluid and electrolyte imbalance.

\_\_\_\_\_Threat to life due to inadequate nutrition, fluid and electrolyte imbalance, and a general weakening of body systems resulting from behavioral eating disorder.

### **Psychoticism**

\_\_\_\_\_Bizarre thought content (delusions of grandeur, persecution, reference, influence, control, somatic sensations, or infidelity)

\_\_\_\_\_Illogical form of thought or speech (loose association of ideas in speech; incoherence; illogical thinking; vague, abstract, or repetitive speech; neologisms; perseverations; clanging)

\_\_\_\_\_Perception disturbance (hallucinations, primarily auditory but occasionally visual or olfactory)

\_\_\_\_\_Disturbed affect (blunted, none, flattened, or inappropriate)

\_\_\_\_\_Lost sense of self (loss of ego boundaries, lack of identity, blatant confusion)

\_\_\_\_\_Diminished volition (inadequate interest, drive, or ability to follow a course of action to its logical conclusion; pronounced ambivalence or cessation of goal-directed activity)

\_\_\_\_\_Relationship withdrawal (withdrawal from involvement with the external world and preoccupation with egocentric ideas and fantasies; alienation feelings)

\_\_\_\_\_Poor social skills (misinterpretation of the actions or motives of others; maintaining emotional distance from others; feeling awkward and threatened in most social situations; embarrassment of others by failure to recognize the impact of own behavior)

\_\_\_\_\_Inadequate social control over sexual, aggressive, or frightened thoughts, feelings, or impulses (blatantly sexual or aggressive fantasies; fears of impending doom; acting out sexual or aggressive impulses in an unpredictable and unusual manner, often directed toward family and friends)

\_\_\_\_\_Psychomotor abnormalities (a marked decrease in reactivity to the environment; various catatonic patterns such as stupor, rigidity, excitement, posturing, or negativism; unusual mannerisms or grimacing)

**Sexual Abuse**

- Vague memories of inappropriate childhood sexual contact that can corroborated by significant others.
- Self-report of being sexually abused with clear, detailed memories.
- Inability to recall years of childhood
- Extreme difficulty becoming intimate with others
- Inability to enjoy sexual contact with a desired partner
- Unexplainable feelings of anger, rage, or fear when coming into contact with a close family relative
- Pervasive pattern of promiscuity or the sexualization of relationships.

**Posttraumatic Stress Disorder (PTSD)**

- Exposure to threats of death or serious injury, or subjection to actual injury, that resulted in an intense emotional response of fear, helplessness or horror
- Intrusive, distressing thoughts or images that recall the traumatic event
- Disturbing dreams associated with the traumatic event
- A sense that the event is recurring, as in illusions or flashbacks
- Intense distress when exposed to reminders of the traumatic event
- Physiological reactivity when exposed to internal or external cues that symbolize the traumatic event
- Avoidance of activity, places, or people associated with traumatic event
- Avoidance of thoughts, feelings, or conversations about the traumatic event
- Inability to recall some important aspect of the traumatic event
- Lack of interest and participation in formerly meaningful activities
- A sense of detachment from others  Inability to experience the full range of emotions, including love
- A pessimistic, fatalistic attitude regarding the future
- Sleep disturbance
- Irritability or angry outbursts
- Lack of concentration
- Hypervigilance or feeling on edge
- Exaggerated startle response
- Symptoms have been present form more than one month

**Grief / Loss Unresolved**

- Thoughts dominated by loss coupled with poor concentration, crying spells, and confusion about the future.
- Serial losses in life (i.e., deaths, divorces, jobs) that led to depression and discouragement
- Strong emotional response exhibited when losses are discussed
- Lack of appetite, weight loss, and/or insomnia as well as other depression signs that occurred since the loss
- Feelings of guilt that not enough was done for the lost significant other, or an unreasonable belief of having contributed to the death of the significant other
- Avoidance of talking on anything more than a superficial level about the loss
- Loss of a positive support network due to a geographic move

**Low Self-Esteem**

- Inability to accept compliments
- Makes self-disparaging remarks; sees self as unattractive, worthless, a loser, a burden, unimportant; takes blame easily.
- Lack of pride in grooming
- Difficulty in saying no to others; assumes not being liked by others.
- Fear of rejection of others; especially peer group
- Lack of any goals for life and setting of inappropriately low goals for self
- Uncomfortable in social situations, especially larger groups

**Type A Behavior**

- \_\_\_\_\_ A pattern of pressuring self and others to accomplish more because there is never enough time
- \_\_\_\_\_ A spirit of intense competition in all activities
- \_\_\_\_\_ Intense compulsion to win at all costs regardless of the activity or co-competitor
- \_\_\_\_\_ Inclination to dominate all social or business situations, being too direct and overbearing
- \_\_\_\_\_ Propensity to become irritated by the action of others who do not conform to own sense of propriety or correctness
- \_\_\_\_\_ A state of perpetual impatience with any waiting, delays, or interruptions.
- \_\_\_\_\_ Difficulty in sitting and quietly relaxing or reflecting
- \_\_\_\_\_ Psychomotor facial signs of intensity and pressure (e.g., muscle tension, scowling, glaring, or tics)
- \_\_\_\_\_ Psychomotor voice signs (e.g., irritatingly forceful speech or laughter; rapid, intense speech; frequent use of obscenities)

**Vocational Stress**

- \_\_\_\_\_ Feelings of anxiety and depression secondary to interpersonal conflict (perceived feelings of inadequacy, fear, and failure) secondary to severe business losses
- \_\_\_\_\_ Fear of failure secondary to success or promotion that increases perceived expectations for greater success
- \_\_\_\_\_ Rebellion against and/or conflicts with authority figures in their job
- \_\_\_\_\_ Feelings of anxiety and depression secondary to being fired or laid off, resulting in unemployment
- \_\_\_\_\_ Anxiety related to perceived or actual job jeopardy
- \_\_\_\_\_ Feelings of depression and anxiety related to complaints of job dissatisfaction or the stress of employment responsibilities.

**Chemical / Alcohol Dependence**

- \_\_\_\_\_ Self-report of almost daily use of alcohol or illicit drugs or regularly using until intoxicated
- \_\_\_\_\_ Consistent use of alcohol or other mood-altering drugs until high, intoxicated, or passed out.
- \_\_\_\_\_ Amnesic blackouts occur when abusing alcohol.
- \_\_\_\_\_ Inability to stop or cut down use of mood-altering drug one started, despite the verbalized desire to do so and the negative consequences continued use brings.
- \_\_\_\_\_ Blood work that reflects the results of a pattern of heavy substance use (e.g., elevated liver enzymes)
- \_\_\_\_\_ Denial that chemical dependence is a problem despite direct feedback from spouse, relatives, and employers that the use of the substance is negatively affecting them and others.
- \_\_\_\_\_ Increased tolerance for the drug as evidenced by the need to use more to become intoxicated or to attain the desired effect.
- \_\_\_\_\_ Changing peer groups / friends to one that is noticeably oriented toward regular use of alcohol and/or illicit drugs
- \_\_\_\_\_ Suspension of important social, recreational, or occupational activities because they interfere with using the mood-altering drug.
- \_\_\_\_\_ Drug paraphernalia and/or alcohol found in client's possession or in his/her personal area (e.g., bedroom, car, etc)
- \_\_\_\_\_ Marked change in behavior (e.g., isolation or withdrawal from family and close friends, loss of interest in activities, low energy, sleeping more)
- \_\_\_\_\_ Physical withdrawal symptoms (shaking, seizures, nausea, headaches, sweating, anxiety, insomnia, and / or depression).
- \_\_\_\_\_ Continued substance / alcohol use despite persistent physical, legal, financial, vocational, social, or relationship problems that are directly caused by the substance/ alcohol use.
- \_\_\_\_\_ Frequent Mood swings
- \_\_\_\_\_ Problems at work / school due to excessive absenteeism, lateness
- \_\_\_\_\_ Poor self-image as evidenced by describing self as a loser or a failure, and rarely making eye contact when talking to others.
- \_\_\_\_\_ Predominantly negative or hostile outlook on life and other people.
- \_\_\_\_\_ Has been arrested for possession, driving under the influence, or drunk and disorderly charges.
- \_\_\_\_\_ Positive family history of chemical / alcohol dependence.

<b>C</b>	Have you ever felt that you should <b>Cut down</b> on your drinking?
<b>A</b>	Have people <b>Annoyed</b> you by criticizing your drinking?
<b>G</b>	Have you ever felt bad or <b>Guilty</b> about your drinking?
<b>E</b>	Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover? ( <b>Eye-opener</b> )

Other problems I would like to discuss in counseling: