

CHECK ALL THAT CURRENTLY A PROBLEM FOR YOU



- Sadness/Depression
- Irritability
- Appetite change
- Loss of energy
- Difficulty concentrating
- Loss of interest/pleasure in activities
- Trouble falling asleep
- Waking during the night
- Early morning awakening (too early)
- Declining school grades or work performance
- Mood swings
- Thoughts of hurting yourself or suicide
- Thoughts of hurting others
- Decreased need for sleep
- Speeded up thoughts
- Excessive energy
- Excessive worry
- Panic attacks
- Fears/Phobias
- Repetitive thoughts/ideas/images
- Need to repeat certain activities
- Rituals/things needing to be "just so"
- Flashbacks
- Feeling others are against you
- Belief that your thoughts are being controlled
- Belief that you have special powers
- Receiving messages from radio or TV
- Seeing or hearing things other people cannot
- Hearing voices
- Overactivity
- Short attention span
- Distractibility
- Impulsivity
- Lying
- Stealing
- Oppositional or defiant
- Temper problems
- Legal problems
- Aggression/Violence
- Alcohol or drug problems
- Misuse of prescription drugs
- Skipping school
- Fear of becoming fat
- Binge eating
- Vomiting or using laxatives to lose weight
- Problems with family relationships
- Problems with money
- Regular consumption of grapefruit/juice (Best to avoid as it interacts with many medications.)
- Concerns about sex
- Memory problems