

### **Anxiety Symptoms Checklist**

Please check those that apply.

1. \_\_\_ Shortness of breath
2. \_\_\_ Heart pounding in chest \_\_\_\_\_  
or racing heart \_\_\_\_\_
3. \_\_\_ Sweating
4. \_\_\_ Trembling \_\_\_\_\_  
or shaking \_\_\_\_\_
5. \_\_\_ Choking feeling
6. \_\_\_ Chest pain
7. \_\_\_ Nausea \_\_\_\_\_  
or stomach discomfort \_\_\_\_\_
8. \_\_\_ Feeling dizzy \_\_\_\_\_  
lightheaded, \_\_\_\_\_  
or faint \_\_\_\_\_
9. \_\_\_ Numbness \_\_\_\_\_  
or tingling \_\_\_\_\_
10. \_\_\_ Fear of losing control or going crazy
11. \_\_\_ Fear of dying
12. \_\_\_ Feelings of unreality or feeling  
detached from oneself
13. \_\_\_ Chills \_\_\_\_\_  
or hot flashes \_\_\_\_\_
14. \_\_\_ Avoiding situations where escape may  
be difficult or embarrassing
15. \_\_\_ Avoiding things outside the home

### **Post Traumatic Stress Disorder**

1. \_\_\_ I experienced a traumatic event  
involving possible death or serious injury, and  
afterwards felt intense fear, helplessness or  
horror.
2. \_\_\_ I have reexperienced this event with  
recurrent and distressing memories or dreams,  
or memories which cause intense physical  
symptoms
3. \_\_\_ I have tried to avoid the reexperience  
by avoiding thoughts, feelings, conversations,  
activities, places or people connected to the  
event, or unable to remember important details  
of the event  
or \_\_\_ I feel numb, loss of interest in  
activities, detached or distant from others, or a  
feeling that the end is near
4. \_\_\_ I feel on edge, trouble sleeping,  
irritable, losing temper, trouble concentrating,  
easily startled, hyper vigilant

### **Depression Symptoms Checklist**

1. \_\_\_ Depressed or sad feelings most of the  
day
  2. \_\_\_ Loss of interest or pleasure in daily  
activities
  3. \_\_\_ Significant weight loss \_\_\_\_\_ lbs.  
or weight gain \_\_\_\_\_ lbs.
  4. \_\_\_ Appetite change loss \_\_\_\_\_  
or increase \_\_\_\_\_
  5. \_\_\_ Inadequate sleep \_\_\_\_\_  
or excessive sleep \_\_\_\_\_
  6. \_\_\_ Feeling restless \_\_\_\_\_  
or slowed down \_\_\_\_\_
  7. \_\_\_ Fatigue or low energy \_\_\_\_\_
  8. \_\_\_ Hopeless \_\_\_\_\_  
Helpless \_\_\_\_\_  
Worthless \_\_\_\_\_  
Guilty feelings \_\_\_\_\_
  9. \_\_\_ Poor concentration (inability to decide  
things or think clearly) \_\_\_\_\_
  10. \_\_\_ Thoughts of death or suicide \_\_\_\_\_
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### **Symptoms of Mania Checklist**

1. \_\_\_ Inflated self-esteem, thoughts of  
greatness
2. \_\_\_ Decreased need for sleep
3. \_\_\_ Racing thoughts
4. \_\_\_ More talkative than usual, feeling that  
you must keep talking
5. \_\_\_ Easily distracted
6. \_\_\_ Very busy or restless
7. \_\_\_ Involved in pleasurable but dangerous  
activities such as  
buying sprees \_\_\_\_\_  
sexual indiscretions \_\_\_\_\_  
foolish business investments \_\_\_\_\_
8. \_\_\_ Hearing voices or seeing  
things \_\_\_\_\_