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INITIAL PRESENTING PROBLEMS

Please circle yes or no to how much you have been distressed by the following problems over the last two weeks. Please bring this in for your 1st appointment.

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| Y | N | 1. Tension headaches or migraines. |
| Y | N | 2. Anxiety or feelings of nervousness. |
| Y | N | 3. Repeated unpleasant thoughts and hurts that won't leave your mind. |
| Y | N | 4. Loss of sexual interest or pleasure. |
| Y | N | 5. Feeling critical of others or others are being critical of you. |
| Y | N | 6. Feeling that others are to blame for most of your problems. |
| Y | N | 7. Trouble concentrating or remembering things. |
| Y | N | 8. Feeling easily annoyed or irritated. |
| Y | N | 9. Feeling low in energy or fatigued most of the time. |
| Y | N | 10. Thoughts of ending your life or thoughts regarding death and dying. |
| Y | N | 11. Feeling that most people cannot be trusted. |
| Y | N | 12. Poor appetite and crying easily. |
| Y | N | 13. Feeling shy and uneasy with the opposite sex. |
| Y | N | 14. Temper outbursts that you cannot control. |
| Y | N | 15. Blaming yourself for things. |
| Y | N | 16. Feelings of pain in your back, shoulder, neck and stomach. |
| Y | N | 17. Feelings of loneliness and feeling blue. |
| Y | N | 18. Worrying too much about things. |
| Y | N | 19. A recognition of your feelings being easily hurt. |

- Y N 20. Feeling that others do not understand you or are unsympathetic.
- Y N 21. Feeling that people are unfriendly or dislike you.
- Y N 22. A recognition of your heart pounding or racing.
- Y N 23. A recognition of nausea or an upset stomach.
- Y N 24. Feeling inferior to others.
- Y N 25. Trouble falling asleep or staying asleep or awakening in the early morning.
- Y N 26. Having to check or double check what you are doing.
- Y N 27. A recognition of lately having difficulty making decisions.
- Y N 28. A recognition of having to avoid certain places/activities because it makes you nervous.
- Y N 29. Feeling hopeless or dread about the future.
- Y N 30. A recognition of feeling tense and stressed in parts of your body.
- Y N 31. A recognition of overeating, eating too many sweets, and eating late at night.
- Y N 32. Feeling uneasy that people are watching or talking about you.
- Y N 33. A recognition that sleep is restless or disturbed.
- Y N 34. A recognition that you want to break something or smash something.
- Y N 35. A feeling that lately everything is an effort.
- Y N 36. A recognition of frequently getting into arguments over small things.
- Y N 37. Feelings of worthlessness.
- Y N 38. The feeling that something bad is going to happen to you.
- Y N 39. A feeling that people are out to get you or people will take advantage of you.
- Y N 40. Thoughts and images of a frightening nature.
- Y N 41. Ideas and thoughts that something serious is wrong with your body.
- Y N 42. A recognition of not feeling close to another person.
- Y N 43. Feelings of guilt, shame, failure, and badness.
- Y N 44. The idea that something is wrong with your mind.
- Y N 45. A feeling of wanting to shout or throw things due to feeling angry all the time.

