	Symptom Checklist									
Client:		Date:			<u>'</u>					
Please check all that apply:							7			
<u>DEPRESSION</u>	ANXIETY		INATTENTION			HYPERACTIVITY				
Feel Sad/Crying	Poor Concentration		Poor attention to details			Fidgeting/Squirming				
Irritable	Spinning Thoughts		Problems completing			Getting up frequently				
Not Hungry	Can't Sleep		tasks			Running/Climbing				
Eating A Lot	Rituals/Routines		Easily distracted			excessively				
Can't Sleep	Constant Organizing		Poor sustained attention			Problems playing/doing				
Restless	Fear of Germs		Poor concentration			tasks quietly				
Figity	Excessive Worry		Shifts from incompleted			Feeling "on the go"				
Tired/Oversleep	Checking Things		tasks			Excessive talking				
No Energy/Fatigue	Excessive Counting		Procrastination			Interrupts/Blurts out				
Worthless/Guilt	Quirky Demands		Problems organizing	ļ <del></del>		Difficulty awaiting turn				
No Concentration	Hoarding		Forgetfulness	ļI						
Loss of Interest	Obsessive Thoughts		Frequent shifts			OTHER SYMPTOMS				
Thoughts of Death	Constant Tension		in conversation	ļI		1.				
	Fear of Judgement/		Poor listening			2				
MANIA	Ridicule by Others		Not following rules/			3.				
Talk A Lot	Avoid Public/Social		details			4				
Racing Thoughts	Situations		Loses items			5				
Distracted	Edgy/Can't Relax		Daydreams							
Hyper	Grinding/Clinching Teeth		Easily Bored							
Risky Behavior	Easily Startled		Problems processing information							
Impulsive	Emotional Numbing Flashbacks		1							
Grandiosity	Feeling Detached		Struggle to follow instructions							
Euphoria Irritable/Hostile	Hair Loss		IIISTIUCTIONS							
Increased Energy	Upset Stomach/Bowels									
Little Sleep	Headaches/Migraines									
Little Sleep	Rashes									
PSYCHOSIS	Muscle Tightness									
Hearing Things	Twitches/Ticks									
Seeing Things	Other Physical Symptoms:									
Weird Thoughts	Panic Attacks									
or Beliefs		cing heart tigh	t chest loss of breath arm/	lea tinalin	a/numi	hness dizziness nausea				
Paranoia	**Panic Attacks include: Racing heart, tight chest, loss of breath, arm/leg tingling/numbness, dizziness, nausea, choking, sweating, shaking/trembling, feelings of unreality, hot flashes, chills, or feeling of dying									
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