

# PENNY J. FIFE, MFT, CEDS

Please place a check (✓) in the space to the right that best describes how much the symptom or problem has bothered you during the past week.

	Not at All	Somewhat	Moderately	A lot		Not at all	Somewhat	Moderately	A lot
Anxiety, nervousness, worry or fear.					Rubbery or "jelly" legs.				
Feeling that things around you are strange, unreal, or foggy.					Feeling dizzy, lightheaded or off balance.				
Feeling detached from all or part of your body.					Choking or smothering sensations or difficulty breathing.				
Sudden unexpected panic spells.					Headaches or pain in the neck or back.				
Apprehension or a sense of impending doom.					Hot flashes or cold chills.				
Feeling tense, stressed, uptight, or on edge.					Feeling tired, weak or easily exhausted.				
Difficulty concentrating.					<b>Sadness:</b> Have you been feeling sad or down in the dumps?				
Racing thoughts or having your mind jump from one thing to the next.					<b>Discouragement:</b> Does the future look hopeless?				
Frightening fantasies or daydreams.					<b>Low self-esteem:</b> Do you feel worthless or think yourself as a failure?				
Feeling that you are on the verge of losing control.					<b>Inferiority:</b> Do you feel inadequate or inferior to others?				
Fear of cracking up or going crazy.					<b>Guilt:</b> Do you get self critical and blame yourself for everything?				
Fears of fainting or passing out.					<b>Indecisiveness:</b> Do you have trouble making up your mind about things?				
Fears of physical illness, or heart attacks, or dying.					<b>Irritability and frustration:</b> Have you been feeling resentful and angry a good deal of the time?				
Concerns about looking foolish or inadequate in front of others.					<b>Loss of interest in life:</b> Have you lost interest in your career, hobbies, family, or friends?				
Fear of being alone, isolated, or abandoned.					<b>Loss of motivation:</b> Do you feel overwhelmed and have to push yourself hard to do things?				
Fears of criticism or disapproval.					<b>Poor self image:</b> Do you think you're looking old or unattractive?				
Fear that something terrible is about to happen.					<b>Appetite changes:</b> Have you lost your appetite? Or do you overeat or binge compulsively?				
Skipping or racing or pounding of the heart.. (Sometimes called "palpitations.")					<b>Sleep changes:</b> Do you suffer from insomnia and find it hard to get a good night's sleep?				
Pain, pressure, or tightness in the chest.					<b>Loss of libido:</b> Have you lost your interest in sex?				
Tingling or numbness in the toes or fingers.					<b>Hypochondria:</b> Do you worry a great deal about your health?				
Butterflies or discomfort in the stomach.					<b>Suicidal impulses:</b> Do you have thoughts that life is not worth living or thing that you might be better off dead?				
Constipation or diarrhea.									
Restlessness or Jumpiness.									
Tight, tense muscles.									
Sweating not brought on by heat.									
A lump in the throat.									
Trembling or shaking.									

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_