Taraleigh Stemler Counseling

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**Symptom Checklist**

This is a list of common symptoms that a client may present before entering therapy. Some, but not all, of these symptoms may apply to your current situation. If you are currently experiencing a particular system, please place a check mark beside the symptom listed. If the symptom does not apply to your current situation, no mark is necessary.

1. Depressed Mood \_\_\_\_\_

2. Lost interest in most activities \_\_\_\_\_

3. Increased appetite \_\_\_\_\_

4. Decreased appetite \_\_\_\_\_

5. Weight Gain \_\_\_\_\_

6. Weight Loss \_\_\_\_\_

7. Difficulty going to sleep \_\_\_\_\_

8. Difficulty staying asleep \_\_\_\_\_

9. Fatigue, loss of energy \_\_\_\_\_

10. Feelings of worthlessness \_\_\_\_\_

11. Inappropriate guilt \_\_\_\_\_

12. Difficulty concentrating \_\_\_\_\_

13. Preoccupation with death \_\_\_\_\_

14. Suicidal thoughts \_\_\_\_\_

15. Excessive or uncontrollable worry \_\_\_\_\_

16. Restlessness \_\_\_\_\_

17. Irritable \_\_\_\_\_

18. Decreased need for sleep \_\_\_\_\_

19. Increased talking \_\_\_\_\_

20. Racing thoughts \_\_\_\_\_

21. Distracted \_\_\_\_\_

22. Elevated mood \_\_\_\_\_

23. Engaging in risky, pleasurable activities \_\_\_\_\_

24. Mood swings \_\_\_\_\_

25. Feelings of panic \_\_\_\_\_

26. Pounding heart, chest pains, shaking \_\_\_\_\_

27. Shortness of breath, dizziness, sweating \_\_\_\_\_

28. Recurrent undesirable thoughts \_\_\_\_\_

29. Repetitive behaviors (hand washing, checking) or mental acts (counting) \_\_\_\_\_

30. Nausea or abdominal stress \_\_\_\_\_

31. Fear of losing control \_\_\_\_\_

32. Fear of dying \_\_\_\_\_

33. Recurrent intrusive memories \_\_\_\_\_

34. Flashbacks \_\_\_\_\_

35. Efforts to avoid memories \_\_\_\_\_

36. Fear of social situations \_\_\_\_\_

37. Alcohol problems \_\_\_\_\_

38. Substance use problems \_\_\_\_\_

39. Compulsive dieting \_\_\_\_\_

40. Vomiting, use of laxatives \_\_\_\_\_

41. Marital problems \_\_\_\_\_

42. Sexual problems \_\_\_\_\_

43. Impulsive \_\_\_\_\_

44. Overwhelmed \_\_\_\_\_

45. Angry \_\_\_\_\_

46. Easily upset, on edge \_\_\_\_\_

47. Nightmares \_\_\_\_\_

48. History of trauma/abuse \_\_\_\_\_

49. Hallucinations (auditory, visual) \_\_\_\_\_

50. Episodes of dissociation \_\_\_\_\_