



SYMPTOMS CHECKLIST

- Depression
- Sadness
- Crying
- Feeling blah/down
- Lack of energy
- Difficulty staying asleep
- Difficulty getting to sleep
- Not waking up feeling rested
- Difficulty concentrating
- Impulsive behaviors
- Risk-taking
- Conflict with others
- Verbal altercations
- Irritable
- Quick to anger
- Mood swings: *(Frequency/intensity)*

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- Withdrawn
 - Self-isolation
 - Lack of interest in activities
 - Avoiding social situations/interactions
 - Anxiety
 - Worry/stress
 - Feeling hopeless
 - Feeling helpless
 - Fearful
 - Fearful worthless
 - Feelings of guilt
 - Poor self-esteem
 - Decreased appetite
 - Increased appetite
 - Lack of appropriate self-care
 - Hearing things others do not
 - Seeing things others do not see

Suicidal thoughts: *(Frequency, plan, intent, and means)*

Engaging in self-harming behavior:
(Specify)

Suicide attempts: *(When and how)*

Homicidal thoughts: *(Specify)*

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- Memory issues
 - Difficulty remembering recent events
 - Difficulty remembering past events
 - History of childhood abuse: *(Physical, verbal, emotional, mental, sexual)*
 - History of abuse as an adult: *(Physical, verbal, emotional, mental, sexual)*
 - Problems at work: *(Specify)*

Problems at home: *(Specify)*

Problems at school: *(Specify)*

Problems with peers: *(Specify)*

DRAGONFLY COUNSELING

Deanna L. Gonzales, LCSW
5201 Johnson Drive, Ste: 305
Mission, KS 66205

P: 620-314-5015 / Fax: 913-229-7511
E: d@dragonflycounselinghealing.com
<https://dragonflycounselinghealing.com>