

IDENTIFYING PROBLEMS

<u>PROBLEMS & SYMPTOMS</u>	<u>Problem</u> Yes/No	<u>Describe in detail</u> How long have you been experiencing this symptom? When did you first start experiencing this symptom? When do you tend to experience this symptom? Where? With who? Doing what? When? How severe is this symptom? How often do you experience this symptom?
<u>MOOD</u> Depressed? Manic? Anxious? Agitated? Angry? Frustrated? Guilty? Ashamed? Fluctuations in mood?		
<u>THOUGHTS</u> Worrying? Repetitive thoughts? Obsessions? Negative thoughts? Racing thoughts?		
<u>COGNITIVE</u> Poor concentration? Poor attention? Forgetfulness? Poor memory? Confusion? Disorientation?		
<u>SELF</u> How do you feel about yourself? How do you see yourself? Do you feel worthwhile or worthless? Do you lack confidence in yourself & your abilities? Do you tend to think of yourself negatively/that you're not good enough?		

<p><u>SELF-HARM & SUICIDAL THOUGHTS</u> Are you having thoughts of suicide? Are you feeling hopeless? Helpless? Do you think you might act on these thoughts? Are you self-harming?</p>		
<p><u>REPETITIVE & COMPULSIVE BEHAVIOURS</u> Cleaning? Checking? Ordering? Repeating?</p>		
<p><u>SUBSTANCE MISUSE</u> Alcohol? Cigarettes? Illicit drugs? Prescription drugs?</p>		
<p><u>SLEEP</u> Trouble falling asleep? Waking through the night? Waking early in the morning? Sleeping too little? Sleeping too much? Poor sleep pattern?</p>		
<p><u>EATING & DIET</u> Eating too little? Eating too much? Poor diet? Poor eating plan? Binging? Purging?</p>		

Consider which of the following areas of life are problems for you.

<u>Area of life</u>	<u>Problem</u> Yes/No	<u>Describe in detail</u> What specifically is the issue? What do you do/How do you act? Who does it involve? When does it happen? Where does it happen? How long has this been a problem? How distressing is this problem? What feelings do you experience?
<u>FAMILY</u> Parents? Children? Siblings? Extended family?		
<u>SPOUSE or PARTNER RELATIONSHIP</u> Conflict? Poor communication? Lack of intimacy? Sexual dysfunction? Infidelity? Incompatible expectations? Divorce/Separation?		
<u>WORK</u> Unemployment? Overworked? Under worked? Dissatisfied? Redundancy?		

<p><u>SCHOOL & UNIVERSITY</u> Exam/test anxiety Poor concentration? Disorganised? Poor study skills? Subject selection? Future career path? Conflict with teachers? Bullying?</p>		
<p><u>FINANCIAL</u> Debt? Worries?</p>		
<p><u>EXERCISE</u> Too little? Too much?</p>		
<p><u>HEALTH</u> Illnesses? Aches? Pain? Injuries?</p>		

SOCIALISING

Avoidance?
Too much?
Fear of being
judged?
Worry about what
others think?
Anxiety?

**STRESSFUL
EVENTS**

Death?
Retirement?
Redundancy?
Abuse?
Violence?
Threatened?