



SAGEMONT  
COUNSELING  
CENTER

**SYMPTOM CHECKLIST**

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

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

*Please circle the answer that describes the level you experience each of the following symptoms:*

Symptoms:	Always	Often	Sometimes	Seldom	Never
Persistent feelings of sadness	4	3	2	1	0
Crying spells	4	3	2	1	0
Increased irritability	4	3	2	1	0
Feelings of worthlessness	4	3	2	1	0
Loss of interest in usual activities	4	3	2	1	0
Outbursts of anger	4	3	2	1	0
Insomnia - not able to sleep	4	3	2	1	0
Unusual desire for sleep	4	3	2	1	0
Decreased energy	4	3	2	1	0
Poor concentration or indecision	4	3	2	1	0
Loss of appetite	4	3	2	1	0
Increased appetite	4	3	2	1	0
Decrease in sex drive	4	3	2	1	0
Mood swings	4	3	2	1	0
Hyper behavior	4	3	2	1	0
Out of control spending	4	3	2	1	0
Increased sexual activity	4	3	2	1	0
Thoughts of suicide	4	3	2	1	0
Self-mutilating thoughts or behaviors	4	3	2	1	0
Violent behavior or thoughts	4	3	2	1	0
Anxiety or nervousness	4	3	2	1	0
Phobias	4	3	2	1	0
Fear of being alone	4	3	2	1	0
Avoiding people or social situations	4	3	2	1	0
Obsessive thoughts or worries	4	3	2	1	0
Feeling compelled to do certain things	4	3	2	1	0
Unusual habits	4	3	2	1	0
Intrusive negative or horrible thoughts	4	3	2	1	0

Low self-esteem	4	3	2	1	0
Feelings of inferiority or shame	4	3	2	1	0
Guilty conscience	4	3	2	1	0
Loneliness	4	3	2	1	0
Perfectionism	4	3	2	1	0
Fear of rejection	4	3	2	1	0
Sensitivity to criticism	4	3	2	1	0
Jealousy	4	3	2	1	0
Trouble getting along with others	4	3	2	1	0
Problems at work	4	3	2	1	0

Fear of "going crazy"	4	3	2	1	0
Suspiciousness	4	3	2	1	0
Hallucinations	4	3	2	1	0
Feeling of unreality	4	3	2	1	0

Headaches	4	3	2	1	0
Stomach trouble	4	3	2	1	0
Heart palpitations	4	3	2	1	0
Chest pain	4	3	2	1	0
Tingling or numbness	4	3	2	1	0
Seizures or convulsions	4	3	2	1	0
Dizziness or fainting spells	4	3	2	1	0
Lack of quality sleep	4	3	2	1	0

Overeating	4	3	2	1	0
Binging	4	3	2	1	0
Purging	4	3	2	1	0
Negative body image	4	3	2	1	0

Lustful thoughts	4	3	2	1	0
Viewing pornography	4	3	2	1	0
Sexual immorality	4	3	2	1	0
Infidelity	4	3	2	1	0
Compulsive masturbation	4	3	2	1	0

Alcohol abuse	4	3	2	1	0
Illegal drug use	4	3	2	1	0
Abuse of prescription drugs	4	3	2	1	0

Marital dissatisfaction	4	3	2	1	0
Marital conflict	4	3	2	1	0
Emotional distance	4	3	2	1	0
Lack of sexual fulfillment	4	3	2	1	0