

Symptom Checklist for Adults *(Please check all that apply)* Name _____ Date _____

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| ○ Excessive worry | ○ Slowed thinking and body movements or agitation, unable to sit still, pacing or hand-wringing | do not realize they are ill and have poor judgment |
| ○ Feeling keyed up, on edge | ○ Poor concentration and difficulty making decisions | ○ Craving |
| ○ Irritability, impatience | ○ Decreased energy, tiredness and fatigue | ○ Loss of control of amount or frequency of use |
| ○ Fear, sense of doom or imminent danger | ○ Sleep disturbances | ○ Compulsion to use |
| ○ Difficulty relaxing | ○ Feelings of guilt, worthlessness, helplessness or hopelessness | ○ Continued substance use despite consequences such as use when it is physically hazardous |
| ○ Feeling detached from oneself | ○ Sense of worthlessness, guilt, blame | ○ Depression |
| ○ Mind racing or mind going blank. Difficulty concentrating or paying attention | ○ Using words like "I'm a failure", "I am so alone", "There is nothing good out there", "I have let everyone down" | ○ Increased anxiety |
| ○ Sleeping poorly. Difficulty falling asleep. Vivid dreams | ○ Thoughts of death | ○ Suspiciousness, a constant feeling of being watched or followed (delusions which are a strong belief in something that isn't true) |
| ○ Heart palpitations, chest pain, rapid heart rate, flushing | ○ Increased energy, talking or moving. Inappropriate excitement | ○ Blunted or flat, inappropriate emotion |
| ○ Hyperventilation, shortness of breath | ○ Elevated or elated mood. Feeling on top of the world, feelings of invincibility | ○ Irrational, angry or fearful responses to friends and family. Suddenly laughing when someone tells a sad story |
| ○ Dizziness, headache, vertigo, tingling or numbness of the skin | ○ Less need for sleep | ○ Feeling "different" or feeling like your thoughts have sped up or slowed down |
| ○ Dry mouth, choking, stomach pains, nausea, vomiting, diarrhea | ○ Irritability or excessive anger | ○ Hallucinations, sensing things that aren't really there. Hallucinations can occur with any of the five senses (hearing, sight, taste, touch, smell). The most common hallucination is hearing another voice talking that others can't hear. |
| ○ Muscle ache and tension, restlessness | ○ Increased sexual thoughts and activity, sometimes resulting in promiscuity and inappropriate or unsafe behavior. Loss of self-control and impulsive or reckless behavior | ○ Jumbled and illogical speech |
| ○ Obsessive or compulsive behavior | ○ Racing and disconnected thoughts | ○ Slow, awkward, rigid or very fast movements |
| ○ Distress in social situations | ○ Hallucinations and delusions. The person is convinced their manic beliefs are real. They | |
| ○ Avoidance of situations | | |
| ○ Looking sad, dejected, or anxious | | |
| ○ Loss of interest or pleasure in usually enjoyed activities | | |
| ○ Looking unkempt. | | |
| ○ Change in weight or appetite | | |
| ○ Speaking slowly in monotones | | |