

- _____ 32. avoiding everyday places for fear of having a panic attack or having to go with others in order to feel comfortable.
- _____ 33. excessive fear of being judged or scrutinized by other people, which causes you to avoid or panic in everyday situations.
- _____ 34. persistent, excessive phobia (heights, closed spaces, specific animals, etc) please list _____
- _____ 35. recurrent bothersome thoughts, ideas or images which you try to ignore.
- _____ 36. trouble getting "stuck" on certain thoughts, having same thought over and over
- _____ 37. excessive or senseless worrying
- _____ 38. others complain that you worry too much or get "stuck" on the same thoughts
- _____ 39. compulsive behaviors that you must do or you feel very anxious, such as excessive hand washing, checking locks, or counting or spelling.
- _____ 40. needing to have things done a certain way or you become very upset
- _____ 41. others complain that you do the same things over and over to an excessive degree (such as cleaning or checking)
- _____ 42. recurrent and upsetting thoughts of a past traumatic event (molest, accident, fire, etc.), please list _____
- _____ 43. recurrent distressing dreams of a past upsetting event
- _____ 44. a sense of reliving a past upsetting event
- _____ 45. a sense of panic or fear to events that resemble an upsetting past event.
- _____ 46. you spend effort avoiding thoughts or feelings associated with a past trauma
- _____ 47. persistent avoidance of activities or situation that cause you to remember a past upsetting event
- _____ 48. inability to recall an important aspect of a past upsetting event
- _____ 49. marked decreased interest in important activities
- _____ 50. feeling detached or distant from others
- _____ 51. feeling numb or restricted in your feelings
- _____ 52. feeling that your future is shortened
- _____ 53. quick startle
- _____ 54. feel like you're always watching for bad things to happen
- _____ 55. marked physical response to events that remind you of a past upsetting event, i.e., sweating when getting a car if you had been in a car accident.
- _____ 56. marked irritability or anger outbursts
- _____ 57. unrealistic or excessive worry in at least a couple areas of your life
- _____ 58. trembling, twitching or feeling shaky
- _____ 59. muscle tension, aches or soreness
- _____ 60. feelings of restlessness
- _____ 61. easily fatigued
- _____ 62. shortness of breath or feeling smothered
- _____ 63. heart pounding or racing
- _____ 64. sweating or cold clammy hands
- _____ 65. dry mouth
- _____ 66. dizziness or lightheadedness
- _____ 67. nausea, diarrhea or other abdominal distress
- _____ 68. hot or cold flashes
- _____ 69. frequent urination
- _____ 70. trouble swallowing or "lump in throat"
- _____ 71. feeling keyed up or on edge
- _____ 72. quick startle response or feeling jumpy

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- ___ 73. difficulty concentrating or "mind going blank"
- ___ 74. trouble falling or staying asleep
- ___ 75. irritability
- ___ 76. trouble sustaining attention or being easily distracted
- ___ 77. difficulty completing projects
- ___ 78. feeling overwhelmed by the tasks of everyday living
- ___ 79. trouble maintaining an organized work or living area
- ___ 80. inconsistent work performance
- ___ 81. lacks attention to detail
- ___ 82. makes decisions impulsively
- ___ 83. difficulty delaying what you want, having to have your needs met immediately
- ___ 84. restless, fidgety
- ___ 85. make comments to others without considering their impact
- ___ 86. impatient, easily frustrated
- ___ 87. frequent traffic violations or near accidents
- ___ 88. refusal to maintain body weight above a level most people consider healthy
- ___ 89. intense fear of gaining weight or becoming fat even though underweight
- ___ 90. feelings of being fat, even though you are underweight
- ___ 91. recurrent episodes of binge eating large amounts of food
- ___ 92. a feeling of lack of control over eating behavior
- ___ 93. engage in regular activities to purge binges, such as self-induced vomiting, laxative use, diuretics, strict dieting or strenuous exercise
- ___ 94. persistent over concern with body shape and weight
- ___ 95. involuntary physical movement or vocal tics
- ___ 96. delusional or bizarre thoughts (thoughts you know others would think are false)
- ___ 97. seeing objects, shadows or movements that are not real
- ___ 98. hearing voices or sounds that are not real
- ___ 99. periods of time where your thoughts or speech are not connected or do not make sense to you or others
- ___ 100. social isolation or withdrawal
- ___ 101. severely impaired ability to function at home or at work
- ___ 102. peculiar behaviors
- ___ 103. lack of personal hygiene or grooming
- ___ 104. inappropriate mood for the situation (i.e., laughing at sad events)
- ___ 105. marked lack of initiative
- ___ 106. frequent feelings that someone or something is out to hurt you or discredit you.
- ___ 107. periods of extreme irritability, physical or verbal aggression or rage with little provocation
- ___ 108. periods of confusion
- ___ 109. periods of spaciness or missing brief periods of time
- ___ 110. periods of fearfulness for no apparent reason
- ___ 111. periods of de ja vu (the feeling that you've been somewhere or experienced something before even though you never have)
- ___ 112. periods of unusual visual (seeing) or auditory (hearing) sensations or illusions
- ___ 113. periods of forgetfulness or memory problems
- ___ 114. do you snore loudly (or do others complain about your snoring)
- ___ 115. have others said you stop breathing when you sleep
- ___ 116. do you feel fatigued or tired during the day
- ___ 117. do you often feel cold when others feel warm

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- ___ 118. do you often feel warm when others feel fine or they are cold
- ___ 119. do you have problems with brittle or dry hair
- ___ 120. do you have problems with dry skin
- ___ 121. do you have problems with sweating
- ___ 122. do you have problems with chronic anxiety or tension

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