

- _____21. periods of heart pounding or rapid heart rate
- _____22. periods of trembling or shaking
- _____23. periods of sweating
- _____24. periods of choking
- _____25. periods of nausea or abdominal upset
- _____26. feelings of a situation "not being real"
- _____27. numbness or tingling sensations
- _____28. hot or cold flashes
- _____29. periods of chest pain or discomfort
- _____30. fear of dying
- _____31. fear of going crazy or doing something uncontrolled
- _____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

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- _____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
- _____73. difficulty concentrating or "mind going blank"
- _____74. trouble falling or staying asleep
- _____75. irritability

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- ____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

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- ___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
- ___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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