

# Check all that apply:

- I FEEL SAD MUCH OF THE TIME
- I FEEL EMPTY OR NUMB
- I FEEL HOPELESS
- I HAVE LOW MOTIVATION
- I FEEL GUILTY ABOUT LITTLE THINGS
- I HAVE LOW SELF-CONFIDENCE
- I HAVE A NEGATIVE ATTITUDE
- I HAVE UNEXPLAINED PAIN
- I FEEL LESS JOY THAN I USED TO
- I USE SUBSTANCES TO FEEL BETTER
- I ISOLATE FROM OTHERS
- I OFTEN EAT TO COMFORT MYSELF
- I HAVE SELF-HARM THOUGHTS
- I GET IRRITATED EASILY
- I FEEL TIRED MOST ALL THE TIME
- I FEEL OVERWHELMED WITH GRIEF
- I HAVE TROUBLE CONCENTRATING
- I FEEL WORTHLESS
- I STRUGGLE TO MAKE DECISIONS
- I HAVE MEMORY PROBLEMS
- I HAVE TROUBLE RELAXING
- I HAVE MANY NEGATIVE THOUGHTS
- I CRY FREQUENTLY
- I OFTEN PUT MYSELF DOWN
- I HAVE TROUBLE FALLING ASLEEP
- I SLEEP TOO MUCH
- I OFTEN FEEL NERVOUS OR ANXIOUS
- I WORRY ALOT
- I FEEL SLUGGISH
- I HAVE GAINED A LOT OF WEIGHT
- I HAVE LOST A LOT OF WEIGHT
- I FEEL TENSION IN MY BODY