

**Please place a checkmark next to any of the following symptoms that you may have experienced in the past year. If any symptoms are repeated on this form, please check them again. Thank you!**

- A persistent sad, anxious or "empty" mood
- Sleeping too little or sleeping too much
- Reduced appetite and weight loss or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that don't respond to treatment
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of death or suicide (D)
- Disorganized thinking
- disorganized speech
- difficulty expressing your emotions
- diminished or loss of contact with reality
- withdraw from other people
- hallucinations
- feelings of grandiosity (SC)
- Restlessness or feeling on edge
- Get tired easily
- Concentration problems and mind going blank
- Irritability
- Muscle tension
- Problems falling or staying asleep (GA)
- Preoccupation with details, lists, order, organization, rules, or schedules
- Perfectionism that interferes with the completion of the task
- Excessive devotion to work
- Place great value on rules
- Difficulty throwing out worn-out, useless, or worthless objects, with no sentimental value
- Insist others work or do task exactly as they should
- View money as something to hoarded
- Told by others that you are stubborn and rigid
- Thoughts or impulses that are distressful, persistent and recurrent. These thoughts or impulses may not just be worries of real-life problems. You are aware that these thoughts or impulses are only a product of your own mind and you try to actively suppress, ignore, or neutralize them with other actions.
- Engage in repetitive behavior physical or mental that can not be controlled. ( E.g., washing hands, checking locks, praying over and over again, counting or saying words repeatedly) These actions help you to prevent or reduce some distressful situation. (O)

- Re-experience a trauma over and over again in dreams, nightmares or painful memories
- Anxiety
- Irritability
- Depression
- Diminished ability to experience emotion or intimacy
- Problems falling or staying asleep (P)
- Persistent fear of social or performance situations
- Feel that your behavior will be scrutinized by others and lead to embarrassment (SP)
- Have different personality states that surface in your life on a recurring basis (DID)
- Feel detachment or distance from your own experience, body, or self (feel like you are in a dream or spaced out)
- Feel out of control of your actions and movements
- Feel like the external world is unreal or distorted (DD)
- Refuse to eat which leads to a below normal body weight
- Binge eating followed by self-inducing vomiting, misusing laxatives, fasting, or excessive exercise (E)
- Act on a certain impulse, that is potentially harmful, but they cannot resist (I)
- Believe that others are exploiting, harming, or trying to deceive you
- Experience doubts about friends or associates loyalty or trustworthiness
- Believes that if you confides in others, this information somehow will be used against you
- Finds demeaning or threatening meanings in people's remarks or events
- Find it hard to forgive and bear grudges
- Find that people are out to attack your character or reputation
- Believes there maybe infidelity of your sexual partner (PA)
- Avoid activities with other people
- Avoid getting involved due to a fear of not being liked by others
- Restrain yourself in intimate relationships due to a fear of shame or ridicule
- Concern you may be rejected or criticized by others
- Stay away from new situations with people due to feelings of inadequacies
- Views yourself as inferior, socially inept, or personally unappealing
- Take few if any personal risks in the engagement of new activities, for a fear of being embarrassed (AV)
- Rapid changes in mood
- Find yourself going to about any lengths to avoid feeling abandoned
- Find yourself in relationships that are often difficult or stormy
- Have difficulty figuring out who you are and what you stand for
- Impulsive in areas of your life that are self damaging such as sex, spending, eating, driving recklessly or etc.
- Have you ever thought about or actually cut or scratched yourself intentionally
- Frequently have feelings of emptiness

Frequently feel angry  
Feel detachment or distance from your own experience, body, or self (feel like you are in a dream or spaced out) (BO)  
Have a hard time in making everyday decisions with out getting reassurance and advice from others  
Have others assume the responsibility for the major areas of your life  
Have difficulty disagreeing with others for fear of being rejected  
Difficulty in doing things on their own  
Will do almost anything to get the support of others  
Feel uncomfortable or helpless when alone  
When one caring or supportive relationship ends, you are compelled to seek another  
A fear of being left alone to care for yourself (DP)  
Uncomfortable if you are not the center of attention  
Interact with others in a provocative or seductive manner  
Rapid changing of emotion  
Use your appearance to draw attention  
Have been told you are theatrical or very emotional  
Easily influenced by others  
Feel that most sociable relationships are intimate. (H)  
Have fantasies or are preoccupied with your beauty, brilliance, ideal love, power, or success  
Have a need to associate with people of high status  
A need for excessive admiration from others  
Have an expectation of being treated with favor by others  
Expect an automatic compliance to your wishes  
Sometimes use others to achieve your goals  
Find it difficult to empathize with others  
Often feel envious of others (NP)  
Marked preoccupation with details, lists, order, organization, rules, or schedules  
Marked perfectionism that interferes with the completion of the task  
Excessive devotion to work  
Excessive devotion and inflexible when it comes to ethics, morals, or values  
Can not throw out worn-out, useless, or worthless objects, with no sentimental value  
Insist others work or do task exactly as they would  
View money as something to hoarded  
Stubborn and rigid  
Wish not to have or to enjoy close relationships with family or friends  
Prefer solitary activities and life  
Has little or no interest in sex with a partner  
Have little or no pleasure when doing activities  
Have few if any close friends other than relatives.  
Do not feel emotions connected with praise or criticism (SCH P)

- Have increased energy, activity, and restlessness
- Have "high" or euphoric moods often
- Irritability
- Racing thoughts and talking very fast, jumping from one idea to another
- Distractibility, can't concentrate well
- Little sleep needed
- Unrealistic beliefs in one's abilities and powers
- Poor judgment at times
- Spending sprees
- A lasting period of behavior that is different from your usual behavior
- Increased sexual drive
- Abuse of drugs, particularly cocaine, alcohol, and sleeping medications
- Aggressive behavior such as yelling or hurting others (BP)