

# SYMPTOM WORKSHEET

## INSTRUCTIONS

This worksheet helps you think about and write down information that your health practitioner or therapist will want to know about how you feel and what's been going on.

There are prompts to help you think about your symptoms, but they questions do not include every possibility. Make sure you include specific examples of how you are experiencing the symptom. If you have read about a diagnosis and think the criteria applies to you, write down how you experience that symptom.

The second page is a template for you to complete. Keep your answers short and in list format. This makes it easier for your provider to scan quickly during the appointment with you.

## PROMPTS

What is different about the way you feel from your usual?

### MOOD-RELATED



How is your energy?  
How is your appetite?  
Have you felt sad, mad, irritable?  
Are you snapping at people, crying a lot, over eating, under eating, having trouble getting out of bed, letting your self-care go?

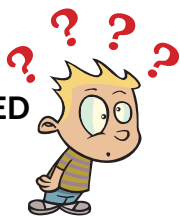
What does your anxiety look like?

### ANXIETY-RELATED

Is it worry, if so about what?  
Do you have physical symptoms that come along with your anxiety?  
Do you have thoughts you can't get out of your head?  
Is so, what are they?

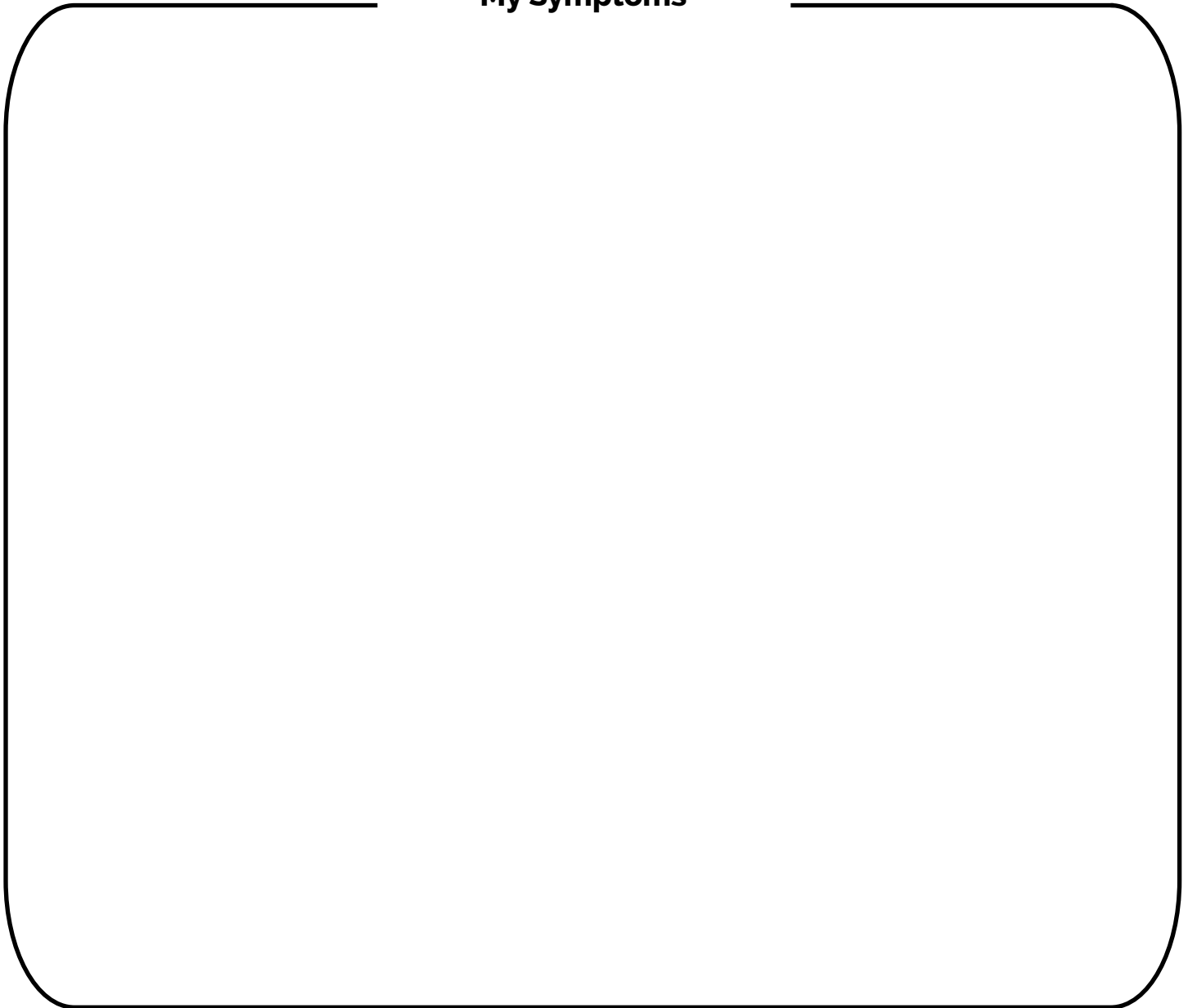


### THINKING-RELATED



Do you have trouble remembering things? If so, what does this look like? Example – do you get lost driving home?  
Do you have problems putting thoughts together or paying attention? If so, when did it start? What kind of problems does it cause for you?

## My Symptoms



**Timing** How long has this been going on? Is this the first time you've felt this way? If not, when you have you felt this way before? How long did it last then?

