



McDaniel's Consulting & Counseling, Inc.

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Check all the following that apply to you in the last 6 months:

Suicidal Thoughts

- suicide attempt (Number of times _____)
- suicidal thoughts (With a plan)
- suicidal thoughts (Without a plan)
- recurrent thoughts of death

Depression/Mania

- feeling sad
- feeling lonely
- loss of interest in pleasure
- feeling slowed down
- fatigue or loss of energy
- feelings of worthlessness
- change of weight (more than 5%)
- inflated self-esteem
- decreased need for sleep
- more talkative than usual
- flight of ideas
- excessive activity (spending, sexual)

Substance Use

- drinking too much
- taking too many drugs

Mood

- argue a lot
- anger
- uptight
- losing temper easily
- can't relax
- crying a lot
- extreme mood swings
- emotional overreaction
- change in personality

Anxiety

- panic spells
- rapid heartbeats
- feeling of choking
- fear of losing control
- fear of dying
- worry about panic spells
- avoiding places/situations
- distressing recollection of a traumatic event

Relationship Issues

- difficulty in making friends
- difficult relationships with others
- chooses solitary activities
- feeling guilty

Personality Traits

- murderous thoughts
- deceitfulness
- aggression towards self or others
- destroying things
- feeling indifferent
- unstable self-image
- self-mutilation
- chronic feelings of emptiness
- paranoid behavior
- must be center of attention
- sexually seductive
- overly dramatic
- feeling entitled
- envious of others
- fear of rejection
- afraid of social situations
- difficulty making decisions
- problems being assertive
- constant need for approval
- loss of sexual inhibition

Cognition and Communication

- racing thoughts
- obsessions
- slowness of thinking
- unusual thoughts
- intrusive memories or "flashbacks"
- problems with reading
- problems with memory
- decreased clarity of thinking
- difficulty organizing
- difficulty meeting deadlines

Somatic Symptoms

- difficulty falling asleep
- difficulty waking up
- sleeping too much
- nightmares
- sleepwalking
- loss of appetite
- increase in appetite
- stomach aches
- hinging/purging
- self-starvation
- bed wetting
- pain
- loss of sexual desire
- inability to have sex
- impaired sexual performance

Client's name: _____

DOB: _____

File#: _____

