

PROBLEM ORIENTATION CHECKLIST

	Not currently a problem. Does not interfere in my life at all. 1	Rarely a problem. Does not interfere much when it is present. 2	Not sure. I would need some advice to evaluate whether it is a problem. 3	Somewhat of a problem. Interferes with my life some days. 4	Definitely a problem. Interferes with my life most days. 5
1) Feeling down and depressed.					
2) Loss of interest, pleasure or motivation.					
3) Easily fatigued.					
4) Decrease in attention, concentration or memory.					
5) Feeling worthless or like a failure.					
6) Insomnia (sleeping less than usual) or hypersomnia (sleeping more than usual).					
7) Crying or feeling like crying but you cannot.					
8) Significant weight gain or weight loss.					
9) Currently facing a difficult stressor in your life.					
10) Feeling angry, irritated easily or agitated.					
11) Thoughts of suicide.					
12) Increase or decrease in your appetite.					
13) Racing thoughts in your head that you cannot stop.					
14) Feeling excessively on top of the world or a persistently elevated mood.					
15) Engaging in risky behaviours that put yourself or others at risk.					
16) Excessively talkative or feeling pressure to keep talking.					

17) Engaging in vast projects that require excessive energy or commitment.					
18) Problems at work or in relationships due to consuming drugs, prescription medication or alcohol.					
19) Difficulty getting along with others (e.g. friends, family, co-workers).					
20) Aches and pains.					
21) Fear of being ill or having a disease.					
22) Fear of dying, going crazy or losing control.					
23) Feelings of choking, shortness of breath or dizziness.					
24) Feeling like things are not real or feeling detached from yourself.					
25) Fear or avoidance of situations, places or people.					
26) Suspicious of other peoples' motives.					
24) Recurrent thoughts or images that bother you.					
25) Repetitive behaviour that you cannot stop (e.g. checking, washing, counting, ordering)					
26) Feel like you are reliving past traumatic experiences.					
27) Always on your guard or easily startled.					
28) Have difficulty not worrying throughout the day.					
29) Physically and emotionally exhausted at the end of the day.					
30) Feeling tense and having difficulty relaxing.					