

IRISE Counseling Services, LLC



CURRENT SYMPTOM CHECKLIST (Rate the intensity of the symptoms presents in the last two weeks)

None = This symptom is not present at this time Mild = This symptom is currently impacting my quality of life, but not significantly

impairing my day-to-day functioning Moderate = This symptom is significantly impacting my quality of life and/or day-to-day functioning

Severe = This symptom is profoundly impacting my quality of life and/or day-to-day functioning

Write md for Mild M for Moderate and S for Severe or N for None

Symptom

None

Mild

Moderate

Severe

- Depressed mood
- Low energy
- Sleep disturbances
- Dissociation
- Hyperactivity
- Bingeing
- Decreased sex drive
- Unresolved guilt
- Irritability
- Nausea/acid indigestion
- Social anxiety
- Self-mutilation/cutting
- Impulsive actions/speech
- Nightmares
- Elevated mood
- Losing train of thought
- Mood swings
- Disorganized
- Anorexia
- Social isolation
- Grief
- Phobias
- Headaches
- Loneliness

IRISE Counseling Services, LLC



Problems at Home

Write md for Mild M for Moderate and S for Severe or N for None

Symptom

None

Mild

Moderate

Severe

Increased or decreased appetite

Unplanned weight gain

Unplanned weight loss

Paranoid thoughts

Poor concentration/indecisive

Purging/over-exercising

Excessive worrying

Low self-worth

Anger management problems

Tension

Hallucinations

Racing thoughts

Restlessness

Loss of interest in normal activity

Decreased creativity/productivity

Unresolved anger

Easily distracted

Memories of trauma

Hopelessness

Marital problems

Panic attacks

Suicidal thoughts

Feel panicky/anxious

Work problems

Has attempted suicide in the past

Briefly describe how the above symptoms impair your ability to function:

IRISE Counseling Services, LLC



ENVIRONMENTAL STRESSORS (check all that apply and are current or recent)

- Death of a family member
- Health problems in family
- Disruption of family by separation
- Disruption of family by divorce
- Disruption of family by estrangement
- Marriage stress
- Removal from the home
- Remarriage of parent
- Sexual abuse
- Physical abuse
- Parental overprotection
- Neglect of a child
- Inadequate discipline
- Discord with siblings
- Birth of a sibling
- Birth of a child
- Death or loss of a friend
- Inadequate social support
- Living alone
- Difficulty with acculturation
- Discrimination
- Adjustment to life cycle transition
- Illiteracy
- Academic problems
- Discord with teachers or classmates
- Unemployment
- Threat of job loss
- Stressful work schedule
- Job dissatisfaction
- Job change
- Discord with boss or coworkers
- Homelessness
- Inadequate housing
- Unsafe neighborhood
- Discord with neighbors or landlord
- Extreme poverty
- Inadequate finances

IRISE Counseling Services, LLC



- Insufficient welfare support
- Inadequate healthcare
- Inadequate health insurance
- Recent arrest or incarceration
- Involved in litigation
- Victim of a recent crime
- Exposure to war, disasters, or other hostilities
- Discord with counselor, social worker, physician or other caregiver
- Other

PRESENTING PROBLEMS

Please state your reasons for seeking therapy. For each problem please include any additional relevant information including.
