

PLEASE CHECK ANY OF THE FOLLOWING THAT YOU ARE CURRENTLY STRUGGLING WITH:

None = This symptom is not present currently **Mild** = Impacts quality of life, but no significant implication on day-to-day functioning

Moderate = Significant impacts on quality of life and/or day-to-day functioning **Severe** = Profound impact on quality of life and/or day-to-day functioning

	None	Mild	Moderate	Severe		None	Mild	Moderate	Severe
Headaches	()	()	()	()	Faintness or dizziness	()	()	()	()
Bad dreams	()	()	()	()	Feeling fearful	()	()	()	()
Sweaty palms	()	()	()	()	Weakness in parts of body	()	()	()	()
Shakiness	()	()	()	()	Heart or chest pain	()	()	()	()
Fatigue	()	()	()	()	Feeling tense or nervous	()	()	()	()
Epilepsy	()	()	()	()	Difficulty concentrating	()	()	()	()
Hopelessness	()	()	()	()	Trouble remembering things	()	()	()	()
Overeating	()	()	()	()	Obsessive thoughts	()	()	()	()
Allergies	()	()	()	()	Difficulty staying asleep	()	()	()	()
Worrying/stewing	()	()	()	()	Easily annoyed/ irritated	()	()	()	()
Difficulty making decisions	()	()	()	()	Sadness	()	()	()	()
Lower back pain	()	()	()	()	Muscle tension	()	()	()	()
Tightness in stomach	()	()	()	()	Diabetes	()	()	()	()
Trouble catching breath	()	()	()	()	Crying easily	()	()	()	()
Loss of interest in things	()	()	()	()	Hot flashes	()	()	()	()
Difficulty falling asleep	()	()	()	()	Tightness in jaw	()	()	()	()
Cold hands or feet	()	()	()	()	Grinding of teeth	()	()	()	()
Thoughts of harm to self or others	()	()	()	()	Dry mouth	()	()	()	()
Outburst of temper	()	()	()	()	Feelings of guilt	()	()	()	()

LIST UP TO THREE ISSUES THAT ARE CAUSING YOU THE MOST DIFFICULTY:

1. _____ 2. _____ 3. _____

TYPE OF TREATMENT REQUESTED:

Counseling Biofeedback Divorce Mediation Medication Assessment Psychological Testing Custody Eval

Other _____

List medications you are presently taking and the dosage: _____

Known Allergies: _____

SUBSTANCE USE: (Daily/Weekly/Monthly/Never)

Frequency of tobacco use: _____

Frequency of illegal drug use: _____

Frequency of alcohol use: _____