Depression or Anxiety Symptom Checklist (Please mark the items which apply)

Social anxiety, uncomfortable with strangers, uncomfortable with large gatherings, shy	
Don't like to be in the center of a room or group Poor dream recall	
Light nausea, prefer not to eat breakfast	
Prone to motion sickness	
White spots on nails	
Need to avoid stress because upsets emotional balance	
Poor appetite	
Poor sense of taste or smell	
Poor wound healing, skin issues	
It's hard for you to go to sleep.	
You can't stay asleep.	
You often find yourself irritable.	
Your emotions often lack rationality.	
_You occasionally experience unexplained tears.	
_Noise bothers you more than it used to. It seems louder than normal.	
_You "flare up" at others more easily than you used to.	
_You experience unprovoked anger.	
_You feel depressed much of the time.	
_You find you are more susceptible to pain.	
_You prefer to be left alone.	
_Your life seems incomplete.	
_You feel shy with all but your close friends.	
You have feelings of insecurity.	
You often feel unequal to others.	
When things go right, you sometimes feel undeserving.	
_You feel something is missing in your life.	
You occasionally feel a low self-worth or esteem.	
_You feel inadequate as a person.	
_You frequently feel fearful when there is nothing to fear.	
You often feel anxious for no reason.	
You sometimes feel "free floating" anxiety.	
You frequently feel "edgy" and it's difficult to relax.	
You often feel a "knot" in your stomach.	
Falling asleep is sometimes difficult.	
lt's hard to turn your mind off when you want to relax.	
You occasionally experience feelings of panic for no reason.	
You often use alcohol or other sedatives to calm down.	
You lack pleasure in your life.	
You feel there are no real rewards in life.	
You have unexplained lack of concern for others, even loved ones.	
You experience decreased parental feelings.	
Life seems less "colorful" or "flavorful".	
Things that used to be "fun", aren't any longer enjoyable.	
You have become a less spiritual or socially concerned person.	
You suffer from a lack of energy. You often find it difficult to "get going".	
You suffer from decreased drive.	
You often start projects and then don't finish them.	
You frequently feel a need to sleep or "hibernate".	
You feel depressed a good deal of the time.	
You occasionally feel paranoid.	
Your survival seems threatened.	
You are bored a great deal of the time.	
Fatigue/Tired	
Cold Hands/Feet	
Gold Hands, Feet Intolerance to Cold/Heat	
Dry Skin	
Brittle Hair/Hair Falling Out	
Thinning Eyebrows	SASOGDNT
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