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Please check any symptoms that you have experienced in the last three months:

- tired all the time
- can't make decisions
- extremely forgetful
- can barely do work
- insomnia
- nightmares
- very depressed
- cry a lot
- feel guilty all the time
- feel very hopeless
- very withdrawn
- suicidal thoughts often
- past suicide attempt
- current suicide plan
- sexual problems
- excessive interest in sex
- excessive talkativeness
- racing thoughts
- frequent buying sprees
- feel rested after only a few hours sleep
- mood swings
- excessive energy
- distracted easily
- unusually good/high feelings
- seizures
- severe headaches
- lightheadedness
- fainting spells
- nausea or vomiting
- stomach distress
- heart beating fast
- shortness of breath
- fear of losing control
- shakiness
- numbness, tingling

- _____ poor appetite
- _____ weight loss
- _____ very restless
- _____ often irritable
- _____ extremely tense
- _____ obsessive thoughts
- _____ repetitive behaviors
- _____ extreme worry
- _____ unusual thoughts
- _____ difficulty communicating with others
- _____ see things not present
- _____ hear things not present
- _____ feel very “spacey”
- _____ act without thinking
- _____ blame others a lot
- _____ can’t trust others
- _____ physically violent
- _____ thoughts/plan to harm others
- _____ often angry
- _____ often lose temper
- _____ unable to keep a job
- _____ alcohol use
- _____ drug use
- _____ spent time in jail
- _____ domineering
- _____ easily dominated
- _____ perfectionistic
- _____ too excitable
- _____ whine & complain a lot
- _____ very selfish
- _____ extremely jealous
- _____ don’t show affection
- _____ often tell lies
- _____ sulk and pout a lot
- _____ gullible
- _____ dependent on others
- _____ always lazy
- _____ emotionally abused
- _____ physically abused
- _____ sexually abused
- _____ traumatic experiences