

PSYCHOLOGICAL SYMPTOMS RELATED TO STRESS

Everyone experiences some of these symptoms, to various degrees, part of the time. But, if you find that many of your responses are in the *often* or *frequently* column (3 or 4), then you are experiencing significant distress and should consider discussing your feelings with a psychotherapist (psychologist, psychiatrist, or social worker specifically trained in psychological counseling). Self-help programs are no substitute for medication when indicated, or individual therapy, but can be very helpful adjuncts to either.

Compare the intensity of your symptoms on the first round with their intensity when you take the test again later after learning to practice the skills on this website or in *Minding the Body, Mending the Mind*. If you feel that your symptoms were bothersome enough that you were hoping for improvement that is not apparent, again you may wish to consider professional help.

Many people are reluctant to seek psychotherapy. They have misconceptions, thinking that only very disturbed people need such help. The truth is that almost every person can profit from psychotherapy. It's a way of learning to be free from past conditioning. All psychologists must themselves receive psychotherapy so that they don't superimpose their own biases on their patients. I can attest to the value of my own therapy and hope that you will also keep an open mind toward it.

PSYCHOLOGICAL SYMPTOMS CHECKLIST

Circle the number, from 0 (never) to 4 (frequently), that represents the degree to which the following thoughts, feelings, and behaviors have bothered you during the past month.

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Frequently

THOUGHTS

1. Awfulizing (fantasizing the worst possible outcome)	0	1	2	3	4
2. Blaming myself	0	1	2	3	4
3. Blaming others	0	1	2	3	4
4. Difficulty concentrating	0	1	2	3	4
5. Holding grudges	0	1	2	3	4
6. Thinking and rethinking the same situation	0	1	2	3	4
7. Wishing I could "turn my mind off"	0	1	2	3	4
8. Constantly criticizing other people or situations	0	1	2	3	4
9. Worrying	0	1	2	3	4
10. Thinking something is wrong with my mind	0	1	2	3	4
11. Needing to be right	0	1	2	3	4
12. Feeling out of control	0	1	2	3	4

EMOTIONS

1. Afraid of specific places or circumstances	0	1	2	3	4
2. Feeling like a victim	0	1	2	3	4
3. Anxious	0	1	2	3	4

4. Blue	0	1	2	3	4
5. Lonely	0	1	2	3	4
6. Irritable	0	1	2	3	4
7. Wanting to throw things or hit people	0	1	2	3	4
8. Guilty	0	1	2	3	4
9. Feeling unfriendly	0	1	2	3	4
10. Uptight	0	1	2	3	4
11. Hopeless about the future	0	1	2	3	4
12. Wanting to "pull the covers over my head"	0	1	2	3	4
13. Feeling that other people don't like me	0	1	2	3	4
14. Upset over criticism	0	1	2	3	4

BEHAVIORS

1. Nail or cuticle biting	0	1	2	3	4
2. Using tobacco in any form	0	1	2	3	4
3. Taking tranquilizers or "street" drugs to change mood	0	1	2	3	4
4. Drinking alcoholic beverages	0	1	2	3	4
5. Chewing gum or sucking candies	0	1	2	3	4
6. Talking a lot	0	1	2	3	4
7. Crying a lot	0	1	2	3	4
8. Sleeping problems (too much or too little)	0	1	2	3	4
9. Eating problems (too much or too little)	0	1	2	3	4
10. Trouble communicating	0	1	2	3	4
11. Avoiding responsibilities	0	1	2	3	4
12. Too much caffeine	0	1	2	3	4

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