

- ___ 31. Fear of going crazy of doing something uncontrolled.
- ___ 32. Avoiding everyday places for fear of having a panic attack, or having to go with others in order to feel comfortable.
- ___ 33. Excessive fear of being judged or scrutinized by other people which causes you to avoid or panic in everyday situations.
- ___ 34. Persistent and excessive phobia (heights, closed spaces, specific animals, etc.).
- ___ 35. Recurrent, bothersome thoughts, ideas, or images which you try to ignore.
- ___ 36. Trouble getting "stuck" on certain thoughts or having the same thought over and over.
- ___ 37. Excessive or senseless worrying.
- ___ 38. Others complain that you worry too much or get "stuck" on the same thoughts.
- ___ 39. Compulsive behaviors that you must do or else you feel very anxious - excessive hand washing, checking locks, counting or spelling.
- ___ 40. Need to have things done a certain way or you become upset.
- ___ 41. Others complain that you do the same thing over and over to an excessive degree - such as cleaning or checking.
- ___ 42. Recurrent and upsetting thoughts of a past traumatic event, for example, molestation, an accident, fire, etc.
- ___ 43. Recurrent distressing dreams of a past, upsetting event.
- ___ 44. A sense of reliving a past or upsetting event.
- ___ 45. A sense of panic or fear to events that resemble an upsetting past event.
- ___ 46. You spend effort avoiding thoughts or feelings associated with a past trauma.
- ___ 47. Persistent avoidance of activities or situations that cause you to remember a past upsetting event.
- ___ 48. Inability to recall an important aspect of a past upsetting event.
- ___ 49. Marked decreased interest in important activities.
- ___ 50. Feeling detached or distant from others.
- ___ 51. Feeling numb or restricted in your feelings.
- ___ 52. Feeling that your future is shortened.
- ___ 53. Quick startle.
- ___ 54. Feel like you are always watching for bad things to happen.
- ___ 55. Marked physical response to events that remind you of a past upsetting event, i.e., sweating when getting in a car if you had been in a car accident.
- ___ 56. Marked irritability and anger outbursts.
- ___ 57. Unrealistic or excessive worry in at least a couple of areas of your life.
- ___ 58. Trembling, twitchy or feeling shaky.
- ___ 59. Muscle tension, aches, soreness.
- ___ 60. Feelings of restlessness.

- ___ 61. Easily fatigued.
- ___ 62. Shortness of breath or feeling smothered.
- ___ 63. Heart pounding or racing.
- ___ 64. Sweating or cold, clammy hands.
- ___ 65. Dry mouth.
- ___ 66. Dizziness or lightheadedness.
- ___ 67. Nausea, diarrhea, or other abdominal distress.
- ___ 68. Hot or cold flashes.
- ___ 69. Frequent urination.
- ___ 70. Trouble swallowing or "lump in throat."
- ___ 71. Feeling keyed up or on edge.
- ___ 72. Quick startle response or feeling jumpy.
- ___ 73. Difficulty concentrating or mind going blank.
- ___ 74. Trouble falling or staying asleep.
- ___ 75. Irritability.
- ___ 76. Trouble sustaining attention or being easily distracted.
- ___ 77. Difficulty completing projects.
- ___ 78. Feeling overwhelmed by the tasks of everyday living.
- ___ 79. Trouble maintaining an organized work or living area.
- ___ 80. Inconsistent work performance.
- ___ 81. Lacks attention to detail.
- ___ 82. Makes decisions impulsively.
- ___ 83. Difficulty delaying what you want, having to have your needs met immediately.
- ___ 84. Restless, fidgety.
- ___ 85. Make comments to others without considering their impact.
- ___ 86. Impatient, easily frustrated.
- ___ 87. Frequent traffic violations or near accidents.
- ___ 88. Refusal to maintain body weight above a level most people consider healthy.
- ___ 89. Intense fear of gaining weight or becoming fat, even though you're underweight.
- ___ 90. Feelings of being fat, even though you are underweight.
- ___ 91. Recurrent episodes of binge eating large amounts of food.
- ___ 92. A feeling of lack of control over eating behavior.
- ___ 93. Engaging in regular activities to purge binges, such as self-induced vomiting, laxatives, diuretics, strict dieting or strenuous exercise.
- ___ 94. Persistent over-concern with body shape and weight.
- ___ 95. Involuntary physical movements or body tics.
- ___ 96. Delusional or bizarre thoughts - thoughts you know others would think are false.
- ___ 97. Seeing objects, shadows or movements that are not real.
- ___ 98. Hearing voices or sounds that are not real.

- ___ 99. Periods of time where your thoughts or speech are not connected or do not make sense to others.
- ___ 100. Social isolation or withdrawal.
- ___ 101. Severely impaired ability to function at home or work.
- ___ 102. Peculiar behaviors.
- ___ 103. Lack of personal hygiene or grooming.
- ___ 104. Inappropriate mood for the situation, i.e., laughing at sad events.
- ___ 105. Marked lack of initiative.
- ___ 106. Frequent feelings that someone is out to hurt or discredit you.
- ___ 107. Periods of extreme irritability, physical or verbal aggression, or rage with little or no provocation.
- ___ 108. Periods of confusion.
- ___ 109. Periods of spaciness or missing brief periods of time.
- ___ 110. Periods of fearfulness for no apparent reason.
- ___ 111. Periods of déjà vu (the feeling that you've been somewhere or experienced something before even though you never have).
- ___ 112. Periods of unusual visual or auditory sensations or illusions.
- ___ 113. Periods of forgetfulness or memory problems.
- ___ 114. Do you snore loudly or do others complain about your snoring?
- ___ 115. Have others said you stop breathing when you sleep?
- ___ 116. Do you feel fatigued or tired during the day?
- ___ 117. Do you feel cold when others feel fine or they are warm?
- ___ 118. Do you often feel warm when others feel fine or they are cold?
- ___ 119. Do you have problems with brittle or dry hair?
- ___ 120. Do you have problems with dry skin?
- ___ 121. Do you have problems with sweating?
- ___ 122. Do you have problems with chronic anxiety or tension?