* Feel sad/crying
* Irritable
* Not Hungry
* Eating a lot
* Can’t sleep
* Restless
* Fidgety
* Tired/oversleep
* No energy/fatigue
* Worthlessness/guilt
* Feeling helpless/hopeless
* Difficulty concentrating
* Loss of interest in usual activities
* Thoughts of death
* Thoughts of harming self
* Thoughts of harming others
* Talk a lot
* Racing thoughts
* Mood swings
* Distracted
* Hyper
* Risky behavior
* Impulsive/doing things without thinking
* Grandiose/bigger than life
* Euphoria/overly happy
* Irritable/hostile
* Increased energy
* Little need for sleep
* Hearing things others don’t
* Seeing things others don’t
* Weird thoughts or beliefs
* Paranoid

**Mood Symptom Checklist**

Mark all symptoms you have had in the past two weeks

* Poor attention to details
* Problems completing tasks
* Easily distracted
* Poor sustained attention
* Poor concentration
* Leaving tasks incomplete
* Procrastination
* Problems organizing
* Forgetfulness
* Frequent shifts in conversation
* Poor listening
* Not following rules/details
* Losing items
* Daydreaming
* Easily bored
* Problems processing information
* Struggle to follow instructions
* Fidgeting/squirming
* Getting up frequently
* Problems doing tasks quietly
* Feeling “on the go”
* Excessive talking
* Interrupting/blurting out
* Difficulty waiting to speak
* Poor concentration
* Spinning thoughts
* Can’t sleep
* Excessive rituals/routines
* Constant organizing
* Fear of germs
* Excessive worry
* Double-checking things
* Excessive counting
* Quirky demands
* Hoarding
* Obsessive thoughts
* Constant tension
* Fear of judgment/ridicule by others
* Avoid public/social situations
* Edgy/can’t relax
* Grinding/clenching teeth
* Easily startled
* Emotionally numb/not feeling
* Flashbacks
* Feeling detached
* Hair loss
* Tics/tremors
* Upset stomach/bowels
* Rashes
* Muscle tension
* Headaches/migraines
* Panic attacks (can include racing heart, tight chest, shortness of breath, arm/leg tingling/numbness, dizziness, nausea, shaking/trembling, choking , sweating, feelings of unreality, hot flashes, chills, or feel like you’re dying)