

Name _____

Date ____ / ____ / ____



Personal Stumbling Blocks

Responses to life events and people may, at times, be excessive to the situation. This is usually due to one or more experiences that have never been settled deep inside. Many of these unhappy incidents took place during childhood, and often have been consciously forgotten. These old unresolved feelings continue to be released along with a current incident that contains similar feelings. The following list refers to those **negative overreactions** that frequently recur.

Directions: Check each box of the item that applies to you. At the end of this form you may identify any item with the number that you checked, and give a brief explanation of the complaint. Further discussion may be done in person. Additional complaints not covered elsewhere may be added to the "Comment" section on the other side.

Inappropriate Thinking

- | | | | |
|--|--------------------------|--|--------------------------|
| 01. delusions or mistaken ideas concerning appearance | <input type="checkbox"/> | 15. distress over gender identity | <input type="checkbox"/> |
| 02. difficulty making decisions | <input type="checkbox"/> | 16. dread or terror | <input type="checkbox"/> |
| 03. easily distracted | <input type="checkbox"/> | 17. elevated mood | <input type="checkbox"/> |
| 04. expect to be taken advantage of, or harmed by others | <input type="checkbox"/> | 18. emotionally controlled | <input type="checkbox"/> |
| 05. false beliefs about body weight and shape | <input type="checkbox"/> | 19. empty and bored | <input type="checkbox"/> |
| 06. hallucinations | <input type="checkbox"/> | 20. excessively worried | <input type="checkbox"/> |
| 07. poor concentration | <input type="checkbox"/> | 21. extremely shy in social or public situations | <input type="checkbox"/> |
| 08. racing thoughts | <input type="checkbox"/> | 22. feelings of greatness or powerfulness | <input type="checkbox"/> |
| 09. repeatedly recall distressing events | <input type="checkbox"/> | 23. hopeless | <input type="checkbox"/> |
| 10. senseless thoughts and ideas | <input type="checkbox"/> | 24. indifferent to feelings of others | <input type="checkbox"/> |
| 11. try to make everything too perfect. | <input type="checkbox"/> | 25. irrational mood shifts | <input type="checkbox"/> |
| | | 26. irritable | <input type="checkbox"/> |
| | | 27. loss of interest in most activities | <input type="checkbox"/> |
| | | 28. loss of sexual desire | <input type="checkbox"/> |
| | | 29. need for excessive advice from others | <input type="checkbox"/> |

Emotions/Feelings

- | | | | |
|---|--------------------------|---|--------------------------|
| 12. depressed | <input type="checkbox"/> | 30. outbursts of aggression or rage | <input type="checkbox"/> |
| 13. depression and guilt in response to success | <input type="checkbox"/> | 31. overemotional or "too dramatic" | <input type="checkbox"/> |
| 14. devastated when close relationships end | <input type="checkbox"/> | 32. panic attacks | <input type="checkbox"/> |
| | | 33. passive | <input type="checkbox"/> |
| | | 34. persistent anger | <input type="checkbox"/> |

Please complete next page ➡

DR. DIANNE RUTH

PhD in Psychology • Holistic Counselor • Master Hypnotherapist

Email: DrRuth@DynamicResources.net • Website: AnxietyCareCoach.com • DynamicResources.net
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Emotions/Feelings continued

- 35. sad or tearful
- 36. sluggish
- 37. uncomfortable when alone
- 38. withdrawn

Behavior/Actions

- 39. attempt to escape or avoid any situation that might lead to feelings of panic
- 40. avoid activities that involve close personal contact
- 41. avoid obligations by claiming to have forgotten
- 42. binge eat
and purge (describe below)
- 43. choose situations and relationships that lead to disappointment
- 44. compulsive
- 45. constantly seek advice
- 46. constantly seek praise or admiration
- 47. cross-dress
- 48. difficulties performing on the job (or at school)
- 49. engage in reckless activities
- 50. exaggerated sexual interest
- 51. excessive devotion to work ("workaholic")
- 52. find travel away from home restrictive
- 53. no close friends or confidants
- 54. pretend illness or disability
- 55. procrastinate a lot
- 56. repeatedly avoid pleasure
- 57. self-mutilate (injure)

- 58. suicidal tendencies
- 59. uncontrollably hyperactive
- 60. unstable and intense relationships

Physical Complaints Without a Physical Cause

- 61. abdominal pain
- 62. appetite affected
loss of appetite
increase in appetite
- 63. blurred vision
- 64. chest pain
- 65. diarrhea
- 66. dizziness or lightheadedness
- 67. dry mouth
- 68. elevated blood pressure
- 69. fatigue and lack of energy
- 70. feelings of unreality
- 71. flushes or chills
- 72. headaches
- 73. nausea
- 74. numbness
- 75. other pain (specify below)
- 76. rapid heart rate
- 77. restless or fidgety
- 78. sleeping difficulties
can't fall asleep
can't stay asleep
desire to oversleep a lot
- 79. sweat heavily
- 80. trembling
- 81. vomiting
self-induced
spontaneous

Comments
