

EXERCISE: Checklist of Depressive and Anxious Symptoms

This checklist presents several prominent symptoms of depressed and anxious mood. Think back to how you've been feeling over the last two weeks, and place a tick (✓) next to the descriptions in each column that are relevant to your emotional experience.

Depressed Mood	Anxious Mood
<ul style="list-style-type: none">• _____ <i>Frequently have episodes that last at least one hour of feeling sad, blue, down, empty, or discouraged</i>	<ul style="list-style-type: none">• _____ <i>Experience frequent episodes that last more than several minutes of feeling uneasy, apprehensive, or uncomfortable</i>
<ul style="list-style-type: none">• _____ <i>Generally feel a loss of interest or enjoyment in daily activities</i>	<ul style="list-style-type: none">• _____ <i>Often think about threat, harm, or danger happening to myself or significant others</i>

<ul style="list-style-type: none">• _____ Often feel tired or have loss of energy for no apparent reason	<ul style="list-style-type: none">• _____ Often feel tense, physically aroused, or queasy when apprehensive
<ul style="list-style-type: none">• _____ Often think that my future looks bleak, hopeless, or meaningless	<ul style="list-style-type: none">• _____ Will avoid situations that cause a feeling of apprehension or threat
<ul style="list-style-type: none">• _____ Don't feel engaged in meaningful or fulfilling life goals	<ul style="list-style-type: none">• _____ Am highly concerned about maintaining a sense of safety or comfort
<ul style="list-style-type: none">• _____ Struggle with low self-esteem or lack of self-confidence	<ul style="list-style-type: none">• _____ Tend to think of the worst-case scenario
<ul style="list-style-type: none">• _____ Tend to focus on loss or failure in life experiences	<ul style="list-style-type: none">• _____ Consider myself to be a worrier
<ul style="list-style-type: none">• _____ Tend to be pessimistic and highly self-critical	<ul style="list-style-type: none">• _____ Feel excessively uncomfortable or stressed when being evaluated

<ul style="list-style-type: none">• _____ <i>Rarely experience happiness, joy, or contentment</i>	<ul style="list-style-type: none">• _____ <i>Prefer to avoid social situations or public settings because of feeling uncomfortable</i>
<ul style="list-style-type: none">• _____ <i>Consider myself a procrastinator</i>	<ul style="list-style-type: none">• _____ <i>Often must work at calming myself down</i>
<ul style="list-style-type: none">• _____ <i>Frequently lack motivation</i>	<ul style="list-style-type: none">• _____ <i>Consider myself a nervous, anxious person</i>

Looking over the checklist, which symptoms seemed more relevant to you, those describing anxious mood or those describing depressed mood? Did you tick many of these symptoms or only a few? The more symptoms you checked off in a particular column, the more intense your emotional experience.