

Checking in with yourself checklist (Chapter 23)

For each item, tick if it's been a problem for you over the last two weeks. And then, for the ticked items, ask yourself what would help it to be less of a problem.

Feeling sad a lot of the time	<input type="checkbox"/>
Feeling pessimistic or hopeless about the future	<input type="checkbox"/>
Having no confidence in yourself	<input type="checkbox"/>
Getting little or no pleasure out of things that you used to enjoy	<input type="checkbox"/>
Feeling restless lots of the time	<input type="checkbox"/>
Not being interested in other people or things	<input type="checkbox"/>
Having little or no energy	<input type="checkbox"/>
Being easily irritated, snapping at people	<input type="checkbox"/>
Eating a lot	<input type="checkbox"/>
Eating little	<input type="checkbox"/>
Having difficulties concentrating	<input type="checkbox"/>
Feeling tired a lot of the time	<input type="checkbox"/>
Having difficulties falling asleep or staying asleep	<input type="checkbox"/>
Feeling worried or anxious a lot of the time	<input type="checkbox"/>

Getting worried or panicky when you don't really need to	<input type="checkbox"/>
Finding it difficult to relax	<input type="checkbox"/>
Feeling unable to cope	<input type="checkbox"/>
Having aches and pains without physical causes	<input type="checkbox"/>
Feeling like crying a lot	<input type="checkbox"/>
Having unwanted images or memories pop into your mind	<input type="checkbox"/>
Having unhelpful thoughts going round and round in your head	<input type="checkbox"/>
Having nightmares or bad dreams	<input type="checkbox"/>
Re-experiencing a bad event repeatedly	<input type="checkbox"/>
Trying hard not to think about something or remember something	<input type="checkbox"/>
Avoiding places, things or people	<input type="checkbox"/>
Feeling on the lookout when there is no need to	<input type="checkbox"/>
Feeling very jumpy	<input type="checkbox"/>
Not feeling connected to friends and family	<input type="checkbox"/>
Feeling alone and isolated	<input type="checkbox"/>
Finding it difficult to get on with other people	<input type="checkbox"/>
Finding it difficult to make decisions	<input type="checkbox"/>
Staying in more than usual	<input type="checkbox"/>