I see myself as anxious, easily upset.

I see myself as reserved, quiet.

I see myself as calm, emotionally stable.

I see myself as quarrelsome.

I fear losing control and going crazy.

I feel numbness or tingling sensations.

I feel afraid.

I start sweating and trembling.

I am unable to relax.

I feel someone’s choking me.

I have difficulty sleeping.

I feel that I’m going to faint.

I am able to stop thinking about my problems.

I am bored most of the time.

I feel worthless and useless.

I think I am a failure.

It is hard for me to concentrate on reading.

The pleasure and joy has gone out of my life.

I am recovering from my illness.

It takes great effort for me to do simple things.

I feel that I am a guilty person who deserves to be punished.

I spend time thinking about *HOW* I might kill myself.

I feel trapped or caught.

There have been times when I have felt both high (elated) and low (depressed) at the same time.

At times I am greatly interested in being with people and at other times I just want to be left alone with my thoughts.

If something goes wrong or turns out badly, it's not my fault.

I hear or see things that others do not hear or see.

I believe that others control what I think and feel.

I have magical powers that nobody else has or can explain.

I can't trust what I'm thinking because I don't know if it's real or not.

I talk to another person or other people inside my head that nobody else can hear.