Have you been feeling sad or down most of the time?

1. "Yes, I feel sad and down almost every day, even when there's no specific reason."
2. "I can't seem to shake off this feeling of sadness."
3. "It's like a constant weight on me."
4. "It's hard to put into words, but yeah, I guess you could say that."
5. "It's been like this for what feels like forever."
6. "I wake up feeling heavy, like there's a dark cloud hanging over me all day."
7. "Even things I used to enjoy, like hanging out with friends or doing hobbies, just don't feel the same anymore."
8. "It's like color has drained from my world."
9. "I find myself constantly tired, even when I've slept enough."
10. "My mind races with negative thoughts, and it's hard to concentrate on anything."
11. "There are days when getting out of bed feels like climbing a mountain."
12. "I feel so isolated and alone, even when I'm surrounded by people."
13. "It's a constant struggle just to get through the day."
14. "It feels like a heavy weight is constantly pressing down on me."
15. "I can't shake this overwhelming sadness, no matter what I do."
16. "Nothing interests me anymore."
17. "It's a constant emptiness."
18. "I feel numb and disconnected from everything."
19. "I don't know, maybe a little."
20. "I can't imagine feeling happy."

Have you lost interest or pleasure in activities that you usually enjoy?

1. "Yes, things I used to enjoy just don't interest me anymore."
2. "I don't feel motivated to do anything."
3. "I don't find pleasure in my hobbies or socializing with friends like I used to."
4. "Used to be, I could lose myself in."
5. "It was like a whole different world."
6. "Now, it’s just...empty."
7. "There’s no excitement, no joy."
8. "It feels like I’m going through the motions, but nothing really sticks."
9. "It’s just another day."
10. "It’s like the fun has been sucked out of everything."
11. "Things I used to love now feel completely pointless."
12. "There's no joy or excitement in it anymore."
13. "I just don't get the same satisfaction from things I used to enjoy."
14. "I've lost interest in almost everything."
15. "Nothing seems worth doing."
16. "Thought of doing it fills me with dread."
17. "I can't seem to focus or find any pleasure."
18. "Social interactions feel exhausting and unrewarding."
19. "It's hard to explain."
20. "Not really, but it's not as fun as it used to be."

Do you have trouble sleeping, or do you sleep too much?

1. "I have a lot of trouble falling asleep and often wake up in the middle of the night."
2. "I sleep a lot more than usual, sometimes staying in bed all day because I just don't have the energy to get up."
3. "It's a nightmare, really."
4. "I either can't sleep at all or I'm drowning in sleep."
5. "When I do manage to fall asleep, it's restless and I wake up feeling more exhausted than before."
6. "My mind just won't shut off, racing with thoughts."
7. "There are days when I could sleep for a week."
8. "I feel like a zombie, dragging myself through the day,"
9. "Nothing wakes me up, and I'm constantly tired, no matter how much I sleep."
10. " I can't seem to turn my brain off at night."
11. " My mind races with worries and problems, making it impossible to fall asleep."
12. " I'm tired. No matter how much sleep I get."
13. " I have no energy during the day."
14. " I spend most of my time sleeping to escape how I feel."
15. " It's a vicious cycle."
16. " Wake me up in a panic."
17. " Sleeping is the only time I feel somewhat at peace."
18. " Way to avoid dealing with everything else."

Do you feel fatigued or have low energy nearly every day?

1. "Yes, I feel exhausted all the time, even when I haven't done much."
2. "I have very little energy and feel tired almost every day, no matter how much I rest."
3. "It's like I'm carrying a lead weight around all the time."
4. "I'm constantly exhausted, even after sleeping what feels like forever."
5. "Getting out of bed in the morning is a battle, and just getting through the day is a huge effort."
6. "I used to have so much energy, but now, even simple tasks like taking a shower or making dinner feel overwhelming."
7. "It's like my body is running on empty, and no matter how much rest I get, I can't recharge."
8. " It's like I'm carrying a heavy weight around."
9. " I have no energy to do anything."
10. " My body feels like lead, and my mind is foggy."
11. " It's hard to concentrate or focus on anything."
12. " I have no interest in doing anything."
13. " Fatigue has taken over my life."
14. " I feel weak and achy all the time."
15. " I can't think clearly."
16. " It's like my brain is moving in slow motion."
17. " I don't know how to describe it."
18. " I just feel drained."

Do you have feelings of worthlessness or excessive guilt?

1. "Yes, I often feel worthless and think that I'm a burden to others."
2. "I feel guilty about things that aren't really my fault, and I can't stop blaming myself."
3. "It's like I'm a total failure."
4. "I blame myself for everything that goes wrong, no matter how small."
5. "I feel so worthless, like a burden to everyone."
6. "I keep replaying past mistakes, and the guilt is overwhelming."
7. "I don't deserve to be happy or successful."
8. "I'm convinced that everyone would be better off without me."
9. " I feel completely worthless."
10. " I'm a burden to everyone and don't deserve to be here."
11. " I'm blaming myself for everything that goes wrong."
12. " I hate myself."
13. " I feel so disgusted with who I am."
14. " I can't shake the feeling that I've ruined everyone's life."
15. " I push people away."
16. " I don't deserve love or friendship of others."
17. " I believe I'm a failure and a disappointment."
18. " It's hard to talk about."
19. " I just feel like a bad person."