1. I find myself feeling stressed or irritated when others make even simple demands of me.
2. Work always seems to exhaust me.
3. I seem to get angry more easily than I used to.
4. I have this feeling of being in the “wrong” place a lot of the time.
5. I worry about things a lot more than I used to.
6. When I go to sleep, I wake up feeling tired.
7. I often can’t sleep because of thoughts/worries racing through my mind.
8. I don’t feel a sense of peace.
9. I feel disconnected from normal life.
10. Everybody seems to be OK but me.
11. I feel stuck and going nowhere in my work.
12. I am more suspicious of people than I used to be.
13. I feel unhappy a lot at home.
14. Work no longer satisfies me.
15. I feel weighed down by responsibility.
16. Changes or demands at work feel like a threat.
17. I feel I’m in the wrong job.
18. People seem to be avoiding me.
19. I avoid other people.
20. I feel helpless at work.
21. I seem to be running just to stay still – doing more but achieving less.
22. I seem to be helping everyone else, but no-one seems to see my suffering.
23. I get sick a lot.
24. I seem to get a lot of aches and pains.
25. The thought of going to work makes me feel sick.
26. Doing ordinary things like shopping seems to take a monumental effort.
27. I seem to forget things more than usual.
28. Normal conversation seems to take more effort than usual.
29. I feel ashamed that I am not coping.
30. I feel no one really understands what life is like for me.
31. People trying to help just make things worse.
32. I’ve lost confidence in myself.
33. I feel like I’m on my own.
34. Whatever’s wrong, it’s all my fault.
35. I’m taking more time off work than I used to.
36. At work, I feel like I am under attack a lot of the time.
37. Sometimes I burst into tears for no apparent reason.
38. I have inexplicable feelings of deep sadness.
39. I can explode with anger at things I would once see as trivial.
40. When I’m talking with people, it’s sometimes like we’re using different languages.
41. I’ve lost interest in my pastimes or hobbies.
42. I seem to be making a lot more mistakes than usual.
43. People I love seem to be getting more angry with me.
44. There seems to be no time for anything but work.
45. I feel exhausted and drained of energy a lot of the time.
46. I feel mentally paralyzed and don’t know which way to turn.
47. When things go wrong I tend to blame me.
48. I’ve put on/lost weight.
49. I’ve had more of the following of late – headaches, vomiting, diarrhea, tummy ache, constipation, breathlessness, fainting, dizziness.
50. I seem to be making a lot of mistakes with even the simplest of things.
51. I’m easily irritated by things I would normally ignore – background noises, people speaking, loud TV etc.
52. I’ve become more cynical.
53. I feel a lot of the time like I just want to curl up in a ball and the world to go away.
54. I seem to move from one job to another and nothing really satisfies.
55. I seem to move from one relationship to another and nothing really satisfies.
56. I feel stuck and going nowhere in my current main relationship(s).
57. I seem to be taking more careless risks e.g. at work, while driving, household jobs, etc.
58. I’ve lost interest in sex.
59. I spend more time in bed than usual.
60. At home, people’s demands on me can feel like an attack.
61. I’ve no time for people, even those I love.
62. I seem to indulge in more drink, drugs, food, casual sex, junk TV or whatever.
63. Whatever’s wrong, it’s because others are getting at me.
64. Things I once believed in don’t seem true anymore.
65. The world seems a place of horror and despair.
66. I’ve sometimes thought that death would be better than life.
67. The future seems hopeless.
68. The thought of going home makes me feel sick.
69. I feel helpless at home.
70. I feel I’m in the wrong marriage/partnership.