

Symptoms Worksheet

So, how do you know if you have "checked out" or lost pieces of yourself? Mostly, your life will be out of balance. You will experience extremes of normal everyday "stuff" like sleeping too much or not being able to sleep at all. You may notice a big decrease in your appetite or a big increase in your appetite. You may experience no interest in sex or an extremely high interest in sex. Remember, the key here is *extremes*. Take some time now and complete the awareness worksheet below.

Please circle yes or no to each of the questions below. More often than not do you...

- | | | |
|--|-----|----|
| Say "yes" when you want to say "no?" | Yes | No |
| Say "I don't need any help," when you do? | Yes | No |
| Say "That doesn't bother me," but it does? | Yes | No |
| Say "Just one more drink won't hurt." | Yes | No |
| Say "I am not mad," when you really are? | Yes | No |
| Say "I can quit smoking any time I want." | Yes | No |
| Say "I am fine. Everything is okay," when it isn't? | Yes | No |
| Say "I can drop this weight any time I want," but you don't? | Yes | No |
| Smile when you really want to snap? | Yes | No |
| Bite your tongue when you have something to say. | Yes | No |
| Are you experiencing any of these on a regular basis? | | |

- | | | |
|------------------------------|-----|----|
| Feeling unreasonably tired | Yes | No |
| Loss of confidence | Yes | No |
| Procrastination | Yes | No |
| Inability to sleep | Yes | No |
| Sleeping too much | Yes | No |
| Eating binges | Yes | No |
| Feeling like a total failure | Yes | No |
| Lack of excitement for life | Yes | No |
| Spending binges | Yes | No |

Guilt

Yes No

Anxiety

Yes No

Lack of joy

Yes No

Life Awareness Worksheet

Name _____

Birthday _____

Birth Place _____ Time of birth _____

1. What's the problem (your primary concerns or issues)? Please use complete sentences.

2. How long has this been a problem for you?

3. Present Occupation: _____

Like/dislike your job? _____

If you could do anything you wanted as an occupation, what would it be?

4. Life Scale

On a scale of 0-10 (10 being the absolute best, 0 being the absolute worst)

Looking at everything that is going on in your life, what number are you right now? _____

On a scale of 0-10 (10 being the absolute best, 0 being the absolute worst)

What is the lowest number you have ever been in your whole life? _____

On a scale of 0-10 (10 being the absolute best, 0 being the absolute worst)

What is the highest number you have ever been in your whole life? _____

5. When you were born or when your mother was carrying you, was there any kind of a problem?

6. List all childhood diseases and, if possible, the age at which you had the disease.

7. List any hospitalizations or surgeries and the age you were when they occurred.

Words and Phrases Exercise

Listed below are a number of various words, thoughts and phrases. Please respond quickly with the very first word, thought, phrase, emotion or idea that pops into your mind.

1. Sweet _____
2. Fear _____
3. Anger _____
4. If only _____
5. There must be _____
6. I know I'm stressed when I _____
7. I always _____
8. All my life _____
9. I felt like dying when _____
10. Red _____
11. I'm just like _____
12. Please _____
13. It all started when _____
14. Kindness _____
15. Death _____
16. I don't want to disappoint _____
17. I'm just tired of _____
18. It got worse when _____
19. I never _____
20. Success _____
21. Exercises like this _____
22. Begin a sentence with the word, "who" _____
23. Career _____
24. Confidence _____
25. Relax _____

Tree Exercise

In the space provided below, draw a tree.

1. Draw a line across the top of the tree, like the top of the tree has hit the ceiling.
2. Draw a line at the base of the tree (where it meets the ground).
3. Draw another line midway between the top line and the bottom line.
4. Draw another line halfway between the middle line and the top line.
5. Draw another line halfway between the middle line and the bottom line. Your tree should now be divided into 4 equal parts.
6. Write your present age on the top line.
7. Put a zero on the bottom line.
8. Divide your present age by 2. Put that number on the middle line.
9. Divide the number on the middle line by 2. Put that number on the line between the middle line and the bottom line.
10. Take the number that is on the line between the middle and the bottom line and add it to the number on the middle line. Put this new number on the line between the middle line and the top line.