

Problem List

Describing your experiences

Write down a list of presenting issues using the following points to help you think about them:

- ✓ What symptoms have you been experiencing during the past two weeks?
- ✓ How often have you been experiencing these symptoms?
- ✓ How severe are these symptoms and how do you try to cope with the symptoms?
- ✓ Do these symptoms stop you from doing things you enjoy?
- ✓ Are there any particular places where you experience these symptoms?
- ✓ Have you been avoiding any places or any people?

1.

2.

3.

4.

5.