



## Homeopathic Intake Form

\* These details are important for your Classical Homeopathy consultation with Carrie Hamilton.  
 Please fill out as much as you are comfortable with.  
 \* If you have not already filled out the All Worlds Health or All Worlds Pediatrics  
 New Patient Forms, please fill those out in addition.

Today's Date: \_\_\_\_\_

**Patient's name:**

<b>First</b>	<b>Middle</b>	<b>Last</b>

**Date of birth (Month/Day/Year):** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

Are you familiar with, or have you ever had **Homeopathic treatment**?

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### **YOUR CHIEF COMPLAINTS:**

In your opinion, what are your most important health problems? List as many as you can **in order of importance:**

1) _____	5) _____
2) _____	6) _____
3) _____	7) _____
4) _____	8) _____

Comments about your most important health problems:

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**YOUR GENERAL HEALTH:**

On a scale of 1 to 10 how do you rate your health now? \_\_\_\_\_

The general state of my health has been: Excellent \_\_\_\_\_ Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor \_\_\_\_\_

How is your general Vitality, Stamina and Energy? \_\_\_\_\_

Are you a warm or chilly person? \_\_\_\_\_

Are u a thirsty person? \_\_\_\_\_ Do you prefer cold or warm drinks? \_\_\_\_\_

**YOUR HEALTHY HISTORY:**

When did your complaint or ailment begin? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do you think cause or has caused your ailment or complaint?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you had an experience (traumatic or otherwise) that did or still does affect you deeply? \_\_\_\_\_

Explain \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What childhood illness have you had?

DISEASE:

WHEN:

DISEASE:

WHEN:

Rubella (3 day measles)

\_\_\_\_\_

Mumps

\_\_\_\_\_

Measles (two week)

\_\_\_\_\_

Chicken pox

\_\_\_\_\_

Whooping Cough

\_\_\_\_\_

Asthma

\_\_\_\_\_

Scarlet Fever

\_\_\_\_\_

Polio

\_\_\_\_\_

Rheumatic Fever

\_\_\_\_\_

Others

\_\_\_\_\_

**YOUR HEALTH HISTORY**

If you have had any of the following test or immunizations, place an (X) on the appropriate line and if you can, give the year you last had them

**YEAR TESTS:**

\_\_\_\_\_ Chest x-ray

\_\_\_\_\_ Kidney x-ray (Pyelogram)

\_\_\_\_\_ G.I. Series

\_\_\_\_\_ Color x-ray (Barium enema)

\_\_\_\_\_ Gallbladder x-ray (Cholecystogram)

\_\_\_\_\_ Electrocardiogram

\_\_\_\_\_ T.B. test

\_\_\_\_\_ Other x-rays

\_\_\_\_\_

\_\_\_\_\_

**YEAR IMMUNIZATIONS:**

\_\_\_\_\_ Small pox

\_\_\_\_\_ Tetanus

\_\_\_\_\_ Polio

\_\_\_\_\_ Typhoid

\_\_\_\_\_ Flue

\_\_\_\_\_ Mumps

\_\_\_\_\_ Measles

\_\_\_\_\_ Rubella

\_\_\_\_\_ Diphtheria

\_\_\_\_\_ Other

**HOSPITALIZATIONS:** (List as best you can)

Type of illness/operation	Date	Where
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**MILITARY SERVICE:**

Where did you serve? \_\_\_\_\_

When did you serve? \_\_\_\_\_

Did you get injuries, vaccinations or treatments of any kind while in service?  
\_\_\_\_\_  
\_\_\_\_\_

Please mark 1 (mild), 2 (moderate) or 3 (severe) if any of the following apply to you NOW or in the PAST.

<u>NOW</u>	<u>PAST</u>	<u>NEVER</u>		<u>NOW</u>	<u>PAST</u>	<u>NEVER</u>	
_____	_____	_____	Allergies	_____	_____	_____	Emphysema
_____	_____	_____	Anemia	_____	_____	_____	Heart Condition
_____	_____	_____	Arthritis	_____	_____	_____	Kidney Disease
_____	_____	_____	Gout	_____	_____	_____	Liver disease
_____	_____	_____	Hepatitis	_____	_____	_____	Obesity
_____	_____	_____	Anorexia	_____	_____	_____	Bulimia
_____	_____	_____	Asthma	_____	_____	_____	High blood pressure
_____	_____	_____	Bleeding	_____	_____	_____	Injury (serious)
_____	_____	_____	Bruising	_____	_____	_____	Pneumonia
_____	_____	_____	Cancer	_____	_____	_____	Rheumatism
_____	_____	_____	Tumors	_____	_____	_____	Thyroid Trouble
_____	_____	_____	Colitis	_____	_____	_____	Tuberculosis
_____	_____	_____	Convulsions	_____	_____	_____	Epilepsy
_____	_____	_____	Mental disease	_____	_____	_____	Ulcers
_____	_____	_____	Depression	_____	_____	_____	Migraine Headache
_____	_____	_____	Diabetes	_____	_____	_____	Drinking
_____	_____	_____	Drugs	_____	_____	_____	Herpes
_____	_____	_____	Eczema	_____	_____	_____	AIDS
_____	_____	_____	Sexually Transmitted disease (STD) (Venereal, Gonorrhea, Syphilis, other)				

Which STD's and when \_\_\_\_\_

**WHICH OF THESE DO YOU USE:**

<u>YES</u>	<u>AMOUNT</u>	<u>YES</u>	<u>AMOUNT</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**FAMILY HEALTH HISTORY:**

Please list ages, and if deceased, what they died of and at what age:

<u>Relation</u>	<u>Living</u>	<u>Died</u>	<u>Cause</u>	<u>Age</u>
Your other	_____	_____	_____	_____
Your father	_____	_____	_____	_____
Your brother (s)	_____	_____	_____	_____
Your sister(s)	_____	_____	_____	_____
<b><u>Mother's side</u></b>				
Your grandfather	_____	_____	_____	_____
Your grandmother	_____	_____	_____	_____
<b><u>Father's side</u></b>				
Your grandfather	_____	_____	_____	_____
Your grandmother	_____	_____	_____	_____

Has any BLOOD RELATIVE had any of the following?

<u>YES</u>	<u>NO</u>	<u>DK (Don't know)</u>	<u>YES</u>	<u>NO</u>	<u>DK</u>					
_____	_____	_____	_____	_____	_____	Allergies	_____	_____	_____	Hay Fever
_____	_____	_____	_____	_____	_____	Anemia	_____	_____	_____	Heart Attack
_____	_____	_____	_____	_____	_____	Arthritis	_____	_____	_____	High Blood Pressure
_____	_____	_____	_____	_____	_____	Asthma	_____	_____	_____	Seizure of Epilepsy
_____	_____	_____	_____	_____	_____	Bleeding	_____	_____	_____	Sickle Cell Anemia
_____	_____	_____	_____	_____	_____	Cancer	_____	_____	_____	Stroke

Has any BLOOD RELATIVE had any of the following?

<u>YES</u>	<u>NO</u>	<u>DK (Don't know)</u>	<u>YES</u>	<u>NO</u>	<u>DK</u>					
_____	_____	_____	_____	_____	_____	Diabetes	_____	_____	_____	Thyroid Trouble
_____	_____	_____	_____	_____	_____	Depression	_____	_____	_____	TB (Tuberculosis)
_____	_____	_____	_____	_____	_____	Eczema	_____	_____	_____	V.D. (Gonorrhea, Syphilis)
_____	_____	_____	_____	_____	_____	Glaucoma	_____	_____	_____	Gout

Please mark **1** (mild), **2** (moderate) or **3** (severe) if any of the following apply to you **NOW** or in the **PAST**.

**CARDIOVASCULAR SYSTEM**

<u>NOW</u>	<u>PAST</u>	<u>NOW</u>	<u>PAST</u>		
_____	_____	_____	_____	Chest Pain when Walking	Leg Vein Troubles
_____	_____	_____	_____	Ankle Swelling	Leg Pain when Walking
_____	_____	_____	_____	High Blood Pressure	Shortness of Breath
_____	_____	_____	_____	Heart Palpitations (fluttering, pressure skipping going fast)	

**ENDOCRINE – HORMONAL SYSTEM:**

<u>NOW</u>	<u>PAST</u>	<u>NOW</u>	<u>PAST</u>		
_____	_____	_____	_____	Excessive Hair	Prefer Cold Growth Weather
_____	_____	_____	_____	Cold Hand or Feet	Unexplained Weight Loss/Gain
_____	_____	_____	_____	Prefer Hot Weather	Increased Thirst
_____	_____	_____	_____	Weakness	Increased Hunger
_____	_____	_____	_____	Can't Stand Cold	Can't Stand Heat
_____	_____	_____	_____	Chronic Fatigue	Sweating, Excess

**SLEEP AND DREAMS:**

Do you have any history of sleep problems, irregular sleep patterns? YES \_\_\_\_\_ No \_\_\_\_\_

If so, what problems? \_\_\_\_\_

Sleepy during day? YES \_\_\_\_ NO \_\_\_\_ When? \_\_\_\_\_

Do you usually dream? YES \_\_\_\_\_ NO \_\_\_\_ Do you remember your dreams? YES \_\_\_\_ NO \_\_\_\_\_

Is there a recurring theme to your dreams? YES \_\_\_\_ NO \_\_\_\_\_

If so what? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please mark 1 (mild), 2 (moderate) or 3 (severe) if any of the following apply to you **NOW** or in the **PAST**.

**NOW   PAST**

\_\_\_\_ Swollen or Painful Lymph Nodes

\_\_\_\_ Wounds Heal Slowly

\_\_\_\_ Sleep Deprivation

**NOW   PAST**

\_\_\_\_ Chronic Fatigue

\_\_\_\_ Too Hot or Cold During Sleep

\_\_\_\_ Night Sweats

**BLOOD, LYMPH, IMMUNE SYSTEM:**

**NOW   PAST**

\_\_\_\_ Swollen or Painful Lymph Nodes

\_\_\_\_ Wounds Heal Slowly

\_\_\_\_ Difficult Stopping Bleeding

\_\_\_\_ Anemia, Tires Easily

\_\_\_\_ Bleeding from Unusual Places

\_\_\_\_ Swollen Glands

**NOW   PAST**

\_\_\_\_ Chronic Fatigue

\_\_\_\_ Fevers or Chills

\_\_\_\_ Blood Transfusions

\_\_\_\_ Re-Occurring Infections

\_\_\_\_ Bruises Easily

\_\_\_\_ Unexplained Illness

**RESPIRATORY SYSTEM:**

**NOW   PAST**

\_\_\_\_ Unexplained Coughs

\_\_\_\_ Mucus in Lungs

\_\_\_\_ Wheezing, Asthma

\_\_\_\_ Difficulty Breathing

\_\_\_\_ Breathing at Night (wakes you up)

**NOW   PAST**

\_\_\_\_ Chest Pain when Breathing

\_\_\_\_ Shortness of Breath

\_\_\_\_ Chronic Cough

\_\_\_\_ Lung Infections

\_\_\_\_ Tobacco Smoking

How far can you walk or how many stairs can you climb before having to stop? \_\_\_\_\_

\_\_\_\_\_

What makes you stop? \_\_\_\_\_

\_\_\_\_\_

Please mark 1(mild), 2(moderate) or 3(severe) if any of the following apply to you NOW or in the PAST.

**NEVOUS SYSTEM:**

<u>NOW</u>	<u>PAST</u>		<u>NOW</u>	<u>PAST</u>	
_____	_____	Loss of Balance	_____	_____	Paralysis
_____	_____	Convulsions, (seizures)	_____	_____	Lack of Strength
_____	_____	Tremor (shaking)	_____	_____	Numbness
_____	_____	Involuntary Movements	_____	_____	Nerve Pain, Sensations

Please mark 1(mild), 2(moderate) or 3(severe) if any of the following apply to you NOW or in the PAST.

**SKIN AND HAIR:**

<u>NOW</u>	<u>PAST</u>		<u>NOW</u>	<u>PAST</u>	
_____	_____	Skin Rough, Dry, Scaly, Bumpy, Itchy (circle)	_____	_____	Pimples, Acne
_____	_____	Warts, Moles, Cysts (circle)	_____	_____	Boils, Abscess
_____	_____	Light or Dark Patches of Skin (circle)	_____	_____	Oily Skin
_____	_____	Increased Hair Growth in Unusual Places	_____	_____	Dry, Cracked Skin
_____	_____	Ages Spots	_____	_____	Eczema
_____	_____	Color Changes in Nails	_____	_____	Dermatitis
_____	_____	Hives, Rashes	_____	_____	Sensitive Skin
_____	_____	Loss of Hair	_____	_____	Wrinkles, Premature
_____	_____	Ridges, Pits or Spots on Nails	_____	_____	Blackheads, Clogged Pores
_____	_____	Infections	_____	_____	Scars, Keloids

**DIGESTIVE SYSTEM:**

<u>NOW</u>	<u>PAST</u>		<u>NOW</u>	<u>PAST</u>	
_____	_____	Acid Reflux	_____	_____	Vomiting, Nausea
_____	_____	Blood in Stools	_____	_____	Diarrhea
_____	_____	Constipation	_____	_____	Fissures
_____	_____	Change in Bowel Movements	_____	_____	Anal Itching
_____	_____	Black or White Stools	_____	_____	Vomiting Blood
_____	_____	Heartburn	_____	_____	Gas and Bloating
_____	_____	Excess Belching	_____	_____	Yellow Jaundice
_____	_____	Stomach Pain and Aches	_____	_____	Trouble Swallowing
_____	_____	Distress from Fats or Greasy Foods	_____	_____	Worms, Parasites
_____	_____	Stools Yellow; Clay-Colored; Foul-Odored; Undigested Foods	_____	_____	Colitis
_____	_____	Bad Breath; Bad Taste in Mouth; Body Odor (including feet)	_____	_____	Surgeries, Injuries
_____	_____	Heavy, Full Feeling after Eating	_____	_____	Weight Gain or Loss
_____	_____	Excessive Lower Bowel Gas	_____	_____	Food Allergies
_____	_____	Stomach Pain Occurs 5 or 6 Hours after Eating	_____	_____	Special Diets
_____	_____	Diarrhea or Loose Stools			

Please mark 1 (mild), 2 (moderate) or 3 (severe) if any of the following apply to you NOW or in the PAST.

**NOW PAST**

- \_\_\_\_\_ \_\_\_\_\_ Indigestion occurs immediately after eating
- \_\_\_\_\_ \_\_\_\_\_ Nervousness, shaky feeling, headaches; relieved by eating
- \_\_\_\_\_ \_\_\_\_\_ Irritable if late for meal, miss meal, or before eating breakfast
- \_\_\_\_\_ \_\_\_\_\_ Sudden, strong craving for sweets or alcohol
- \_\_\_\_\_ \_\_\_\_\_ Wake up at night feeling hungry
- \_\_\_\_\_ \_\_\_\_\_ Overweight
- \_\_\_\_\_ \_\_\_\_\_ Loss of appetite
- \_\_\_\_\_ \_\_\_\_\_ Sudden weight loss
- \_\_\_\_\_ \_\_\_\_\_ Sudden weight gain
- \_\_\_\_\_ \_\_\_\_\_ Infection
- \_\_\_\_\_ \_\_\_\_\_ Injury

How often do you have bowel movements? \_\_\_\_\_ Do you strain at stool? YES \_\_\_\_\_ NO \_\_\_\_\_  
 Have you had a change of appetite? YES \_\_\_\_\_ NO \_\_\_\_\_ Increase or decrease? \_\_\_\_\_  
 What does your diet consist of? \_\_\_\_\_

How frequently do you eat? \_\_\_\_\_ Who prepares your food? \_\_\_\_\_  
 Do you snack? YES \_\_\_\_\_ NO \_\_\_\_\_ On What? \_\_\_\_\_

What food(s), condiments(s), or any other substances (tobacco, alcohol, coffee, etc.) do you crave? \_\_\_\_\_

Are you repelled by, or do you dislike any foods? YES \_\_\_\_\_ NO \_\_\_\_\_  
 What Foods? (Please identify) \_\_\_\_\_

Are there any foods that trouble or aggravate you? Do not agree with you? YES \_\_\_\_\_ NO \_\_\_\_\_  
 In what way? \_\_\_\_\_

Please mark 1 (mild), 2 (moderate) or 3 (severe) if any of the following apply to you NOW or in the PAST.

**UROGENITAL SYSTEM:**

**NOW PAST**

- \_\_\_\_\_ \_\_\_\_\_ Frequent Urination
- \_\_\_\_\_ \_\_\_\_\_ Night Urination
- \_\_\_\_\_ \_\_\_\_\_ Trouble Holding

**NOW PAST**

- \_\_\_\_\_ \_\_\_\_\_ Painful Urination
- \_\_\_\_\_ \_\_\_\_\_ Trouble Starting Urine
- \_\_\_\_\_ \_\_\_\_\_ Blood in Urine

**MALE PROBLEMS:**

**NOW PAST**

- \_\_\_\_\_ \_\_\_\_\_ Have you ever had prostate problems
- \_\_\_\_\_ \_\_\_\_\_ Discharge from penis
- \_\_\_\_\_ \_\_\_\_\_ Difficulty achieving or maintaining an erection
- \_\_\_\_\_ \_\_\_\_\_ Painful erection
- \_\_\_\_\_ \_\_\_\_\_ Difficulty with ejaculation

**NOW PAST**

- \_\_\_\_\_ \_\_\_\_\_ Lumps, swelling or pain in the testicles
- \_\_\_\_\_ \_\_\_\_\_ Infection
- \_\_\_\_\_ \_\_\_\_\_ Infertility
- \_\_\_\_\_ \_\_\_\_\_ Injury

What contraception do you use? \_\_\_\_\_

Please mark 1 (mild), 2 (moderate) or 3 (severe) if any of the following apply to you NOW or in the PAST.

**FEMALE PROBLEMS:**

**NOW** **PAST**

_____	_____	Discharge from vagina	_____	_____	Pelvic pain
_____	_____	Difficulty feeling sexually aroused	_____	_____	Bleeding/spotting between periods
_____	_____	No lubrication when aroused	_____	_____	Lumps in breast
_____	_____	Never or seldom have orgasms	_____	_____	Infertility
_____	_____	Menstrual flow is excessive/absent (circle)	_____	_____	Sex is painful
_____	_____	Pain before, during or after periods (circle)			
_____	_____	Infection – Location _____ when _____			
_____	_____	Premenstrual symptoms: cramping, water retention, breast tenderness headaches, depression, irritability, others _____			

**MENSES:**

Period every \_\_\_\_\_ days Regular? YES \_\_\_\_ NO \_\_\_\_

Period usually lasts \_\_\_\_\_ days (average)

Number of tampons or pads used per day: \_\_\_\_\_

Date of last period: \_\_\_\_\_

Number of births: \_\_\_\_\_ Nursed children? YES \_\_\_\_ NO \_\_\_\_ How Many? \_\_\_\_\_

Any trouble with lactation? YES \_\_\_\_ NO \_\_\_\_

Number of miscarriages: \_\_\_\_\_ Number of abortions: \_\_\_\_\_

Dates: \_\_\_\_\_

Any complication(s) of pregnancy? YES \_\_\_\_ NO \_\_\_\_ If yes, please list \_\_\_\_\_

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How old were you when you started having menstrual periods? \_\_\_\_\_

Do you have any nipple discharge? YES \_\_\_\_ NO \_\_\_\_

What form of contraception do you use? \_\_\_\_\_

**MUSCULOSKELETAL SYSTEM:**

Please mark 1 (mild), 2 (moderate) or 3 (severe) if any of the following apply to you NOW or in the PAST.

**NECK:**

**NOW** **PAST**

\_\_\_\_\_ stiffness  
\_\_\_\_\_ pain, swelling

**NOW** **PAST**

\_\_\_\_\_ whiplash  
\_\_\_\_\_ injuries

**SPINE AND LIMBS:**

**NOW** **PAST**

\_\_\_\_\_ Muscle Cramps \_\_\_\_\_ Burning of soles of feet  
\_\_\_\_\_ Backaches \_\_\_\_\_ Unusual redness of palms of hands  
\_\_\_\_\_ Injuries  
\_\_\_\_\_ Joint pain, swelling, stiffness, tingling, numbness; Where? \_\_\_\_\_  
\_\_\_\_\_ Other \_\_\_\_\_

**NOW** **PAST**

Have you ever had arthritis? YES \_\_\_\_ NO \_\_\_\_ When? \_\_\_\_\_  
Where? \_\_\_\_\_ What kind? \_\_\_\_\_



Location?

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Please mark **1** (mild), **2** (moderate) or **3** (severe) if any of the following apply to you **NOW** or in the **PAST**.

<b><u>HAIR:</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>
	_____	_____	_____	_____
		Dandruff		Hair Damage from Treatments
	_____	Hair Loss	_____	Dry Hair
	_____	Baldness	_____	Oily Hair

<b><u>HEAD:</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>
	_____	_____	_____	_____
		Dizziness		Migraines
	_____	Sever Headaches	_____	Fainting Spells
	_____	Seizures or Fits	_____	Nerve Pains
	_____	Head Injuries	_____	Facial Paralysis

Please mark **1** (mild), **2** (moderate) or **3** (severe) if any of the following apply to you **NOW** or in the **PAST**.

<b><u>EYES:</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>
	_____	_____	_____	_____
		Eye Infections		Poor Eyesight (near or far-sighted)
	_____	Light hurts eyes	_____	Blurry Vision
	_____	Double Vision	_____	Weak Vision
	_____	Glaucoma	_____	Eye strain
	_____	Bloodshot Eyes	_____	Eye Injuries

<b><u>EARS:</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>
	_____	_____	_____	_____
		Discharge from Ears		Ear Infections
	_____	Pain in Ears	_____	Injuries
	_____	Hearing Troubles	_____	ringing in Ears
	_____	Excessive Earwax	_____	Deafness

<b><u>NOSE:</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>
	_____	_____	_____	_____
		Nosebleeds		Difficulty in breathing through nose
	_____	Mucus, Nasal Congestion	_____	Sensitive Smell
	_____	Sinus Problems	_____	Post Nasal Drip
	_____	Loss of Smell	_____	Injuries

<b><u>MOUTH:</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>
	_____	_____	_____	_____
		Persistent Hoarseness		Sore Throats
	_____	Difficulty Swallowing	_____	Throat Sensations
	_____	Loss of Voice	_____	Choking
	_____	Laryngitis	_____	Throat Sores, Ulcers
	_____	Mucus in Throat	_____	Swelling

<b><u>THROAT:</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>	<b><u>NOW</u></b>	<b><u>PAST</u></b>
	_____	_____	_____	_____
		Sore Mouth or Tongue		Bad Teeth

_____	_____	Speech Difficulties	_____	_____	Mouth Sores, Ulcers
_____	_____	Loss of Teeth	_____	_____	Gums, Receding
_____	_____	Gum Infections	_____	_____	Tooth Cavities

Please mark 0 (not at all) 1 (mild), 2 (moderate) or 3 (severe) if any of the following apply to you **NOW** or in the **PAST**.

**MENTAL AND EMOTIONAL:**

<b><u>NOW</u></b>	<b><u>PAST</u></b>		<b><u>NOW</u></b>	<b><u>PAST</u></b>	
_____	_____	Anxiety, Excessive Worries	_____	_____	Feel better from exercise
_____	_____	Fear or Phobias	_____	_____	Lack of motivation
_____	_____	Nervousness, Restlessness	_____	_____	Mental Fatigue
_____	_____	Poor Self Confidence	_____	_____	Trouble Sleeping
_____	_____	Memory Trouble	_____	_____	Trouble Concentrating
_____	_____	Anger Spells, Irritable	_____	_____	Crying Spells
_____	_____	Worthlessness Feeling	_____	_____	Depression
_____	_____	Trouble getting along with people	_____	_____	Feel like killing myself
_____	_____	Mood Swings	_____	_____	Easily Upset or Disappointed
_____	_____	Obsessive Behaviors	_____	_____	Loss of Emotional Control
_____	_____	Brain Fog	_____	_____	Panic Attacks
_____	_____	Fearful of Public Speaking	_____	_____	History being abused
_____	_____	Loss of someone dear through death or separation	_____	_____	Emotional Shocks, Trauma
_____	_____	Always put others interest before mine	_____	_____	Suppressed anger or grief
_____	_____	See things others don't	_____	_____	Alcohol or drug addictions
_____	_____	Hear voices	_____	_____	Deep grief, hard to get over
_____	_____	Think others want to hurt me	_____	_____	Had excess stress in life
_____	_____	Don't know how to life relieve stress	_____	_____	Very sensitive emotions
_____	_____	Are you generally late for appointments?	_____	_____	Very shy, timid
_____	_____	Peculiar sensations. What? _____			

Where? \_\_\_\_\_

Rate your self-confidence (0 [no confidence in self] to 10 [most confident possible] ): \_\_\_\_\_

When and where are you happiest? \_\_\_\_\_

When and where are you unhappy? \_\_\_\_\_

**Additional Comments:** Is there anything else you wish to add? Also use the back of any pages if necessary.

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Please sign your name below: patient signature, not parent or guardian (if applicable)