



7695 S. Co. Rd. 25A  
 Tipp City, OH 45371  
 ☎ 937-667-4678  
 📠 937-667-4963

[info@newcreationcounselingcenter.org](mailto:info@newcreationcounselingcenter.org)  
[www.newcreationcounselingcenter.org](http://www.newcreationcounselingcenter.org)

1. Instructions: How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put a CHECK in the box beneath the answer that best describes how you have been feeling.

	Not at all	Several days	More than half the days	Nearly every day
Feeling down, depressed, irritable, or hopeless?				
Little interest or pleasure in doing things?				
Trouble falling asleep, staying asleep, or sleeping too much?				
Poor appetite, weight loss, or overeating?				
Feeling tired, or having little energy?				
Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?				
Trouble concentrating on things like school work, reading, or watching TV?				
Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?				
Thoughts that you would be better off dead, or of hurting yourself in some way?				

2. Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Trouble relaxing				
Being so restless that it is hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid as if something awful might happen				