

Should you be in Therapy??

Question	Frequently	Once in a While
1. It is hard to get out of bed		
2. You want to sleep all the time		
3. You have been thinking about suicide		
4. Nothing seems interesting		
5. You have lost interest in sex		
6. Little things upset you more than they should		
7. You cant find a job that you want		
8. You keep getting into fights and breaking up friendships		
9. You cant make up your mind about important things		
10. You have had a series of accidents and/or illnesses		
11. Your allergies are getting worse		
12. You go on buying sprees for things you do not need		
13. You cant sleep at night		
14. You're eating, drinking or smoking more than is good for you		
15. You cry without knowing why		
16. You fear you are losing control		
17. You are vaguely anxious		
18. You are afraid to be alone		
19. You make good money but are in debt		
20. it is hard to make friends		

Scoring: "Frequently" 3 or more or "once in a while" 10 times, consider therapy