

Symptoms checklist

Physical, mental and behavioural symptoms.

Name _____

Date _____

Physical symptoms

- ☐ Neck/Shoulder tension
- ☐ Jaw tension
- ☐ Lump in the throat
- ☐ Chest tightness/pain
- ☐ Shallow/rapid breathing
- ☐ Headache
- ☐ Migraine
- ☐ Heart palpitations
- ☐ Heart racing
- ☐ Upset stomach
- ☐ Nausea
- ☐ Vomiting
- ☐ Diarrhoea
- ☐ Sweaty palms
- ☐ Dizziness
- ☐ Fainting

Mental symptoms

- ☐ Racing thoughts*
- ☐ Sluggish thoughts*
- ☐ Repetitive thoughts*
- ☐ Crowded thoughts*
- ☐ Muddled thoughts
- ☐ Scattered thoughts
- ☐ Wandering thoughts
- ☐ Hopeless
- ☐ Going “blank”
- ☐ Poor concentration
- ☐ Dissociation (voices, amnesia...)
- ☐ Flashbacks
- ☐ Nightmares

* Compared to your speech.

Behaviours

- ☐ Social withdrawal
- ☐ Avoidance
- ☐ Procrastination
- ☐ Compulsions/rituals
- ☐ Sleep disturbance
- ☐ Over-eating
- ☐ Under-eating
- ☐ Irritability
- ☐ Alcohol/drug abuse
- ☐ Anger outbursts
- ☐ Trembling/shaking
- ☐ Fidgeting/restlessness
- ☐ Crying spells
- ☐ Talkative/hypomanic
- ☐ Suicide ideation
- ☐ Self-harm

MBT statements checklist

Group 1 and Group 2 statements.

Group 1

- 1 "Let's address this thoughtfully but without unnecessary pressure."
- 2 "We can take it step by step—rushing or overreacting won't help."
- 3 "Let's prioritize this without letting it dominate everything else."
- 4 "It's important, but it won't help to overthink it."
- 5 "Let's approach this with care but not lose sight of the bigger picture."
- 6 "Let's stay grounded—this is important, but panicking won't help."
- 7 "We'll take it seriously but not so much that it paralyzes us."
- 8 "We'll handle it responsibly without making it heavier than it needs to be."

- 9 "Do your best, and that's enough."
- 10 "It's okay to ask for help when you need it."
- 11 "I'm proud of the progress you've made so far."
- 12 "This might not be perfect, but it's good enough for now."
- 13 "You are allowed to set boundaries to protect your time and energy."
- 14 "Success is a journey, not a sprint—Pace yourself."
- 15 "Take one thing at a time instead of overwhelming yourself."
- 16 "Give yourself credit for how far you've come."

Group 2

- 1 "You clearly don't understand how big of a deal this is."
- 2 "Do you even understand the consequences of this?"
- 3 "It's not about fun; it's about doing it *right*."
- 4 "If it's not done perfectly, it shouldn't be done at all."
- 5 "This is exactly why things go wrong—because no one takes it seriously enough."
- 6 "If you cared as much as I do, you'd understand."
- 7 "People who don't take this seriously just don't get it."
- 8 "I'll eat later; this is more important right now."
- 9 "If you don't do this perfectly, you'll disappoint everyone."

- 10 "Taking a break is lazy—you should just push through."
- 11 "If you stop now, it means you're not serious about my goals."
- 12 "If you can't handle all of this, you don't deserve success."
- 13 "You have to get this perfect, or you'll fail."
- 14 "Why can't you handle this like everyone else can?"
- 15 "If you slow down, everything will fall apart."
- 16 "You can't let anyone see you struggle—they'll think you're weak."
- 17 "If you don't succeed, it'll prove you're not good enough."