

STRENGTHS LIST*Circle all that apply to you***Name:** _____

Ability to occupy self	Forgiving	Neat/Tidy
Appreciates beauty	Friendly	Not a Substance User
Accepts Help	Generous/Share easily	Nurturing
Articulate	Gentle	Open
Artistic	Good at Multi-Tasking	Organized
Assertive	Good at Conflict Resolution	Original
Athletic	Good Friend	Passionate
Can Ask for Help	Good hygiene practices	Patient
Can Identify Emotions	Good memory	Industrious/Persistent
Caring	Good sibling	Sees others' perspective
Cautious	Feels gratitude	Positive Peer Group
Charismatic	Good listener	Prepared
Compassionate	Good mediator	Realistic
Competitive	Good Student	Responsible
Confident	Happy	Self aware/reflective
Considerate	Has Positive Role Models	Self regulating/disciplined
Content	Helpful	Good Sense of Humor
Cooperative	Honest	Sensitive
Courageous	Hopeful/Optimistic	Silly
Curious	Humble	Social
Prioritizes daily family time	Independent	Spiritual
Dedicated	Insightful	Spontaneous
Devoted	Intelligent	Steady
Empathetic	Intuitive	Stylish
Energetic	Inventive	Supportive
Engages in Family Events	Kind	Team Player
Engaging	Good leader	Thoughtful
Enjoys solitude	Loving	Wise
Enthusiastic	Manages Anger Well	Witty
Makes time for regular exercise	Mature	Zestful
Fair	Motivated	
Flexible	Musical	

Other:

SYMPTOMS LIST

Circle all that apply to you

Name: _____

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| Aggression, physical or verbal | Agitation |
| Agoraphobia | Anger |
| Anxiety | Appetite Disturbance |
| Assaultive | Avoidance |
| Binge eating | Compulsive |
| Concentration, poor | Confused |
| Delusions | Depressed mood |
| Destructive of property | Difficulty with Activities of
Daily Living |
| Disinhibited | Distractibility |
| Disoriented | Excessively rapid speech |
| Excessive burst(s) of energy | Fire setting |
| Fatigue/loss of energy | Flight of ideas |
| Flashbacks | Guilt |
| Grandiosity | Hallucinations |
| Hair pulling | Hopelessness |
| Homicidal | Hyper vigilance |
| Hyperactive | Isolation |
| Impulsive | Intrusive thoughts/memories |
| Interpersonal difficulty | Irritability |
| Interest in activities decreased | Lying |
| Labile (very changeable) mood | Mood, elevated |
| Memory impairment | Obsessive thoughts |
| Nightmares | Pacing |
| Oppositional | Paranoia |
| Panic attacks | Phobias |
| Physical pains not explained by medical evaluation | Purging or laxative abuse |
| Psychomotor agitation or retardation | Repetitive behavior |
| Racing thoughts | Self esteem, low |
| Running away | Sexual issues |
| Self-harming acts | Starving self |
| Sleep difficulties | Substance use/abuse |
| Stealing | Suspiciousness |
| Suicidal ideation | Weight loss/gain |
| Unusual bursts of spending or risk taking | Withdrawn |
| Wetting/Soiling | |
| Worthlessness Feelings | |