**What's going on with my body?**

* I often feel exhausted, even early in the week.
* I frequently feel dizzy or nauseous.
* I have problems with digestion, such as stomach bloating, pain or gas.
* I regularly experience diarrhea or constipation.
* I have no appetite, or I'm overeating.
* I frequently have muscle, joint, headache or chest pain.
* I'm craving junk food.
* I'm finding it hard to maintain a reasonable weight.
* I'm having trouble sleeping well or I am sleeping all the time.
* I do not feel rested when I get up in the morning.
* I'm finding it hard to maintain a reasonable weight.

**What's going on with my emotions?**

* I frequently feel anxious or upset.
* I feel like crying all the time.
* I am very fearful.
* I often feel tense at work.
* I often feel guilty about letting my team down.
* I feel angry when someone makes a mistake.
* I feel angry or upset when someone points out a mistake I've made.
* I lack confidence in myself and the work that I do.
* I'm finding it hard to remember what it feels like to be happy.
* I keep my feelings bottled up inside.
* I feel like I am never good enough.

**What's going on with my thoughts?**

* I often feel I can't handle everything I have to do.
* I feel like I have little or no control over my life.
* I don't have patience the way I used to.
* I frequently worry about work even when I'm not at work.
* I spend a lot of time thinking about and complaining about the past.
* I see people's faults and mistakes more than their strengths and contributions.
* I see the negative things about myself more than the positive.
* I often think that there is only one way to do something.

**What's going on with my job?**

* I have difficulty concentrating at work.
* I find it difficult to make decisions at work.
* I seem to be disorganized at work.
* I find it difficult to start tasks.
* I find it difficult to read and remember what I've read.
* I am finding tasks that used to be easy more difficult now.
* I feel like I am a burden to the team.

**What's going on with the people at work?**

* I don't think I'm being treated fairly at work.
* I don't feel valued by a lot of the people I work with.
* I'm finding it hard to rely on my co-workers.
* I don't laugh with co-workers anymore.
* I often say things in anger or frustration that I wish I could take back.
* I seem to take things more seriously than my co-workers.
* I'm tired of hearing other people's problems.
* I feel like I am letting everyone down.
* I am becoming dependent on one person at work that I feel safe with.
* I'm withdrawing from people at work.
* I'm afraid that others will realize my work is not good enough.

**What's going on with my behavior?**

* I lose my temper at work.
* I no longer want to be around people.
* I don't understand why I can't get my work done.
* I find I'm playing computer games when I'm supposed to be working.
* I'm using sleeping pills more than I used to.
* I'm drinking more alcohol than I used to.
* I'm spending money or gambling more than I used to.
* I'm using prescription or recreational drugs more than I used to.
* I use coffee, alcohol or drugs to help me get through the day.
* I find it difficult to relax.
* I sit at work and feel frozen, unable to do anything.
* I cannot make sense of what I am reading anymore.
* I cannot produce my work the way I used to.
* One moment I am smiling and the next moment I am crying.