Mental Health Recovery Survey

PAWS (Post Acute Withdrawal Symptoms): Skip this section if drugs/alcohol are not involved

- Difficulty thinking clearly (loss of concentration, trouble with abstract ideas, rigid or circular thoughts, confusion, etc.)
- Memory problems (short-term memory not working well, sometimes unable to recall important events, learning new things are harder than usual)
- Emotional overreaction or Numbness (angered easily, moodiness, or feelings go dead)
- Sleep problems (unusual or disturbing dreams, can’t fall asleep and/or stay asleep)
- Clumsiness (loss of coordination, slow reflexes, appears “drunk” but not)
- Low tolerance for stress (all stress seems to be high stress, all above problems are magnified by stress, easily confused or overwhelmed when stressed, confused and chaotic thinking that “makes me feel crazy”)
- (Other symptoms)___________________________________________________________

Emotional/Behavioral/Cognitive Complications related to:

- Current suicidal thoughts.
- Current homicidal thoughts.
- Anger
- Shame
- Shyness
- Embarrassment
- Sadness
- Depressed
- Lonely
- Loss of motivation
- Boundaries (too passive, or too aggressive)
- Grief and/or Loss.
- Phobias/paranoia/delusions
- Loss of appetite
- Anxiety
- Fear(s)
- Nervousness
- Isolating
- Confusion
- Problem-solving skills need improvement.
- Negative self-image
- Self-esteem problems
- Stress
- Conflict(s) in important relationships.
- Abuse history (physical, emotional, sexual)
- Numb (no emotional life)
- Hostility/Violence
- Hallucinations (Auditory/Visual/Tactile)

The above feelings/behaviors are related to the following events in my life (past or present).

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I am having trouble with other compulsive behaviors, such as:

- Returning to alcohol and other drug use
- Cross-addicting (switching from old addiction to new ones)
- Gambling
- Compulsive with food/eating (or not eating)
- Sexually compulsive
- High drama and chaos (multiple crises in my life)
- Spending/shopping compulsively
- Abusive or unhealthy relationships
- High-risk behaviors (dangerous, illegal, etc.)
- Anger/raging
- Workaholism

How do the above mental health symptoms and addiction behaviors affect each other?

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Name: ___________________________________________  Date: _________________________________________