

Identifying Symptoms of Depression

Depression takes many forms. All of the following can be symptoms of depression.

Trouble sleeping	Unhappiness	Significant weight change
Reckless behavior	Drug abuse	Withdrawal from friends
Feeling helpless	Constant boredom	Skipping classes often
Fear of death	Increased irritability	No interest in hobbies
Alcohol abuse	Feeling worthless	Trouble focusing
Aches and pains	Constant desire to be alone	Increased anger
Difficulty making decisions	Negative attitude	Frequent crying
Strong feelings of guilt	Feeling like a failure	Self-injury
Suicidal thoughts	Disappointment in self	Physical aggression
Forgetfulness	Missing appointments	Increased family conflicts
Withdrawal	No interest in hygiene	Constant restlessness

Directions

1) Circle any of the symptoms above that you have experienced at one time or another. Do you experience any of these symptoms often? If so, which ones?

2) Describe anything else you have experienced that you think may be a symptom of depression.
