

## Symptom Self Report

**Instructions:** What follows are descriptions of difficulties that some people experience. After each statement please indicate how much you have been bothered by that problem in the past month.

1.) During the past month, it has bothered me to be touched in general.

- ☐ 0 None; not at all
- ☐ 1 Sometimes it bothers me
- ☐ 2 If often or regularly bothers me
- ☐ 3 I simply could not stand it
- ☐ N/A Not applicable

2.) During the past month, it has bothered me to be touched in a sexual way.

- ☐ 0 None; not at all
- ☐ 1 Sometimes it bothers me
- ☐ 2 If often or regularly bothers me
- ☐ 3 I simply could not stand it
- ☐ N/A Not applicable

3.) During the past month, I have actively avoided sex.

- ☐ 0 None, not at all
- ☐ 1 I find myself making excuses
- ☐ 2 I try not to have sex
- ☐ 3 I don't have sex
- ☐ N/A Not applicable

4.) During the past month, I have found myself driven to engage in sexual activities without really feeling that I had a choice.

- ☐ 0 None, not at all
- ☐ 1 I feel the urge, but I do not act on it
- ☐ 2 I feel compelled to, but I force myself to stop
- ☐ 3 I engage in compulsive sex
- ☐ N/A Not applicable

5.) During the past month, I have been active sexually in ways that I know put me in danger.

- ☐ 0 None, not at all
- ☐ 1 I am a bit careless
- ☐ 2 I talk myself into ignoring the danger or I only see the danger afterwards
- ☐ 3 I knowingly put myself in danger
- ☐ N/A Not applicable

6.) During the past month I have exposed myself to situations that might have been dangerous, e.g. I got involved with people who might have hurt me. I have gone to places that are not safe. I have driven too fast.

- ☐ 0 None, not at all
- ☐ 1 I am a bit careless
- ☐ 2 I talk myself into ignoring the danger or I only see the danger afterwards
- ☐ 3 I knowingly put myself in danger
- ☐ N/A Not applicable

7.) During the past month, small problems have gotten me very upset. For example, I have gotten angry at a minor frustration. I cry easily.

- ☐ 0 None; not at all
- ☐ 1 Sometimes I overreact a little
- ☐ 2 Sometimes I get very upset, or everything upsets me more than it used to
- ☐ 3 Often I get very upset, or everything upsets me more than it used to
- ☐ 4 Often I get extremely upset, have tantrums
- ☐ N/A Not applicable

8.) During the past month, I have found it hard to calm myself down after I had become upset and had trouble getting back on track.

- ☐ 0 None, not at all
- ☐ 1 I get momentarily upset
- ☐ 2 It keeps coming back to me hour after hour
- ☐ 3 I get completely consumed by it
- ☐ N/A Not applicable

9.) During the past month, when I have felt upset, I have had trouble finding ways to calm myself down.

- ☐ 0 None; not at all
- ☐ 1 I need to make special efforts to calm myself (e.g. talking, sports, listening to music)
- ☐ 2 I need to stop everything and focus all my energy on calming down
- ☐ 3 I need to resort to extreme measures, like getting drunk taking drugs, or doing other harmful things to my body.
- ☐ N/A Not applicable

10.) During the past month, I have felt angry most of the time.

- ☐ 0 None; not at all
- ☐ 1 I feel quite angry but I am able to shift to other matters
- ☐ 2 My anger gets in the way of doing things
- ☐ 3 My anger dominates my daily life
- ☐ N/A Not applicable

11.) During the past month, I have had thoughts or images of hurting somebody else.

- ☐ 0 None; not at all
- ☐ 1 Yes, fleeting thoughts
- ☐ 2 I think about hurting every day
- ☐ 3 I can't stop hurting people
- ☐ N/A Not applicable

12.) During the past month, I have had trouble controlling my anger.

- ☐ 0 None; not at all
- ☐ 1 I snap at people
- ☐ 2 I yell or throw things
- ☐ 3 I actually attack people physically
- ☐ N/A Not applicable

13.) During the past month, I have worried about people finding out how angry I am.

- ☐ 0 None; not at all
- ☐ 1 I have trouble confronting someone when they hurt me
- ☐ 2 I do not confront the person I'm angry at, but I show my anger in other ways
- ☐ 3 I do not let anyone know in words or actions that I am angry
- ☐ N/A Not applicable

14.) During the past month, or as long as I can remember, I have been in accidents or near accidents.

- ☐ 0 None; not at all
- ☐ 1 Occasional accidents causing harm or pain but not requiring medical attention
- ☐ 2 One accident or episode requiring medical attention
- ☐ 3 More than one serious accident or episode requiring medical attention
- ☐ N/A Not applicable

15.) During the past month, I have found myself careless about making sure that I was safe.

- ☐ 0 None; not at all
- ☐ 1 I think about the risks involved
- ☐ 2 I take undue risks regarding the people I am with or places I visited
- ☐ 3 I keep company with people who I know could be dangerous; not taking measures to protect myself in dangerous situations
- ☐ N/A Not applicable

16.) During the past month I have deliberately tried to hurt myself (like burning or cutting myself).

- ☐ 0 None; not at all
- ☐ 1 I hit or kick objects
- ☐ 2 I hurt myself deliberately (pinching, scratching, hitting, banging) without serious damage
- ☐ 3 I hurt myself deliberately in ways that cause serious physical damage
- ☐ N/A Not applicable

17.) During the past month, I have thought about killing myself.

- ☐ 0 None; not at all
- ☐ 1 I was preoccupied, but had no plan
- ☐ 2 I made gestures or was chronically preoccupied with plans
- ☐ 3 I made one or more serious suicide attempts
- ☐ N/A Not applicable