

Symptom Tracker

Date:

Below are trackers for common symptoms and issues for you to track each day of the week. If you don't have one of the symptoms or issues, just leave it blank. If you did, mark it. This will help you build insight into what symptoms and issues are occurring more often and when. This is copies on the next five pages, so you can have a month's worth. Feel free to download more if you need them. *Insight is knowledge, knowledge is power, and power is control.*

Days of the Week	Symptoms & Issues																			
	Relationship Problems				Abandonment Fears				Not Knowing Who I Am				Harmful Impulsivity				Suicidal thoughts, Threats, gestures			
	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme
SU																				
MO																				
TU																				
WE																				
TH																				
FR																				
SA																				

Days of the Week	Symptoms & Issues																			
	Intense Unstable Moods				Emptiness				Intense Uncontrolled Anger				Stress-related Paranoia				Stress-related Dissociation			
	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme	Mild	Moderate	Severe	Extreme
SU																				
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