CHECKLIST **When It's More Than Discipline**

Tick anything that's been true for you. One tick or more is your cue to make an appointment with a doctor or licensed therapist.

- ☐ Trouble focusing and finishing since childhood, in most parts of my life
- ☐ Low, empty or uninterested most days for two weeks or more
- ☐ Worry that keeps me from even starting
- ☐ Sleep that's been a mess for weeks
- ☐ A habit I can't cut back on (gaming, gambling, my phone, alcohol, a substance)
- ☐ A painful memory that keeps replaying and won't fade
- ☐ Any thoughts of harming myself (talk to a doctor or licensed therapist soon)

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