

What's the issue?	I don't feel good
What words would you use to describe how you feel?	Churned up, sick, flat, tired, exhausted, irritated.
What kinds of thoughts or images are going through your mind?	Eg., images of what happened, Thoughts about how I might fail, or thinking I'm useless
Are there any things that you find yourself doing that you don't want to?	Stopping seeing friends, drinking more