

Symptom Log

Filling out one of these forms for each symptom you are experiencing may be beneficial for both your own awareness as well as to provide information to anyone assisting you with your recovery. Try and be as detailed as possible.

Date or time in life the symptom(s) began:

Description of symptom(s):

What makes the symptom(s) worse?

What makes the symptom(s) better?

Treatment interventions you have tried in the past to resolve the symptoms and how they worked:

What would relief of these symptoms look like?
