



Cognitive	Emotional	Social	Spiritual	Physical	
				Body	Behaviour
Poor concentration	Sadness	Avoidance of family and friends	Blame God or ask for help	Body tension	Physical isolation
Poor short-term memory	Guilt	Visiting “ladies of the night”	Need punishment	Sleep difficulties	Decreased activity level
Indecisiveness	Feel failure	Anger	Lack of trust	Appetite changes	Increased substance abuse
Suicidal thoughts	Anxiety	Disinterest in feelings of others	Critical of self	Decreased energy	Self-harm
“if only...”	Shame		No/little hope for future	Lethargic	Gambling
“What if...”	Lack of empathy		Lack of self-worth	Loss of interest in sex	Hyperactive
Ruminations	Irritability				Hyper-alert
Recriminations	Anger				Destructiveness
Confusion	Feel responsible				Avoid responsibility
Lack of pleasure in usual activities	Regret				Lack of attention to grooming
Disinterest	Remorse				
Decreased motivation	Feel alone				
	Fear				