



Stop Antidepressant Damage

Date:

8/31/2025

Initials (optional):

How I Feel — Self-Report (for the person
taking/withdrawing from medication)

Current meds/doses (optional):

Safety first: If you feel you might harm yourself or someone else, please reach out to a trusted person or local emergency services right now. You matter. If you have a crisis line in your area, add it here: *(write number)* _____.

Mood & Emotions — Rate Today

Circle or mark a number: 1 = Very Low / Better • 3 = Typical • 5 = Very High / Worse

Area	1	2	3	4	5
Sadness / depression	1	2	3	4	5
Anxiety / panic	1	2	3	4	5
Emotional range vs. numbness/blunting	1	2	3	4	5
Irritability / anger	1	2	3	4	5
Restlessness / can't sit still (akathisia-like)	1	2	3	4	5

Area	1	2	3	4	5
Impulsivity / risk-taking urges	1	2	3	4	5
Suicidal thoughts (frequency/intensity)	1	2	3	4	5

If any of the above are at 4-5, consider sharing this page with someone you trust and your prescriber.

Functioning & Daily Life

Area	1	2	3	4	5
Sleep quality	1	2	3	4	5
Energy / fatigue	1	2	3	4	5
Motivation / drive	1	2	3	4	5
Enjoyment / interest (anhedonia)	1	2	3	4	5
Memory / focus / thinking speed	1	2	3	4	5
Judgment (making sound choices)	1	2	3	4	5
Decisions (daily decisions feel manageable)	1	2	3	4	5
Money choices (spending, risk, impulse buys)	1	2	3	4	5
Relationships (connection, communication)	1	2	3	4	5
Empathy (ability to feel with others)	1	2	3	4	5
Warmth (affection, kindness, intimacy)	1	2	3	4	5
Work/school functioning	1	2	3	4	5

Body & Side Effects (check any that apply)

Nausea / GI upset
 Dizziness / vertigo
 Headaches / pressure

Tremor / shaking

Sweating / temperature swings

Sexual changes (libido, function)

Weight gain

Weight loss

Electric-shock/zaps

Visual changes / light sensitivity

Tinnitus / ringing

Increased alcohol/substance use

Other:

Empty dashed box for additional input.

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Add your local crisis line or emergency contacts here so this page can help in a tough moment.

Permission to Share

You may share this with my spouse/partner/loved one

You may share this with my clinician

Signature

Date

StopantidepressantDamage.com • This self-report is for reflection and communication only. It is not medical advice.

If you're in immediate danger, contact local emergency services.

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