symptoms of stress

rate from 1-10	M	T	W	TH	F	SA	SU
Hostility							
Irritability							
Phobias							
Obsessions							
Headaches							
Backaches							
Irritable bowel							
Constipation							
Muscle spasms							
Insomnia							
Depression							
Withdrawals							
Anger							
Resentment							
Fears							
Neck aches							
Indigestion							
Ulcers							
Diarrhea							
Nervous tics							
Physical weakness							
Low self-esteem							
Drinking/drug use							
Other:							
Other:							
Other:							
Other:							
Other:							