



Postpartum Reaction Checklist

- _____ 1. I can't sleep even when the baby is sleeping.
- _____ 2. I have no energy. I am tired all the time.
- _____ 3. My appetite or eating habits have changed.
- _____ 4. I have headaches, chest pains, dizziness, or the shakes.
- _____ 5. I can't get out of bed or feel unable to move.
- _____ 6. I cry at least once a day or feel sad most or all the time.
- _____ 7. I worry all the time about my baby's health or safety.
- _____ 8. I can't concentrate or think straight.
- _____ 9. I don't enjoy the things I used to enjoy.
- _____ 10. I have no interest in making love even though I am physically ready.
- _____ 11. I feel overwhelmed.
- _____ 12. I feel like a failure all the time.
- _____ 13. I feel like I am alone.
- _____ 14. I am not able to feel anything.
- _____ 15. It seems like I will feel this way forever.
- _____ 16. I sometimes get angry at my partner or my baby.
- _____ 17. I have sudden, irrational-seeming mood swings.
- _____ 18. I exhibit poor judgment, make poor decisions, or act impulsively.
- _____ 19. I sometimes have thoughts about hurting my baby or other loved ones.
- _____ 20. Sometimes I feel I would be better off dead.