



# Symptoms of Menopause

## WORKSHEET

Rate each symptom in the chart below according to TWO criteria:

1. How often it happens

Scale: 1 = never 2 = occasionally 3 = regularly 4 = all the time

2. How much distress it causes you

Scale: 1 = not a big deal/NA 2 = mildly annoying 3 = MAKE IT STOP!

**Note: Some symptoms, such as mood changes or body aches, may or may not be rooted in menopause. All the same, if you're experiencing a symptom at your current age, write it down.**

Symptom	How Often	Distress
Hot flashes	① ② ③ ④	① ② ③
Night &/or day sweats	① ② ③ ④	① ② ③
Anxiety, depression, &/or mood changes	① ② ③ ④	① ② ③
Body aches	① ② ③ ④	① ② ③
Insomnia &/or early waking	① ② ③ ④	① ② ③
Memory problems &/or brain fog	① ② ③ ④	① ② ③
Decrease in energy/stamina	① ② ③ ④	① ② ③
Diminished (or different) sex drive	① ② ③ ④	① ② ③
Feeling the best part of your life is past	① ② ③ ④	① ② ③
Dry skin, thin hair, creaky joints. . .	① ② ③ ④	① ② ③
A sense that you're losing athletic conditioning, getting "out of shape"	① ② ③ ④	① ② ③
Unwelcome changes in your body's appearance or composition	① ② ③ ④	① ② ③
<b>Other Symptoms:</b>		
	① ② ③ ④	① ② ③
	① ② ③ ④	① ② ③
	① ② ③ ④	① ② ③
	① ② ③ ④	① ② ③
	① ② ③ ④	① ② ③



# Your Menopause Experience

## WORKSHEET

Take a moment to review the menopause symptom chart you just completed. Using a colored pencil, highlight one to three symptoms that cause you the most distress. For now, don't think about how you might attack these symptoms -- just use a colored pencil to highlight those one to three distressing symptoms

**Write them here:**

1

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2

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3

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Now go into a little detail for each item. You could write about how a menopause symptom affects you, when you first noticed it, what you've learned about yourself, what kind of change you'd specifically like to see. Or not. Don't feel constrained by my prompts. Just use this time to get to know yourself a little better.

**Example:**

*Sleep problems - really wearing me out. I read somewhere that I need 7-8 hours a night, and I'm lucky to get 6. I guess I'd like to sleep the way I did last summer in that vacation house. What was it about that place? Or do I need to see a doctor?*

**Example:**

*Feeling the best part of my life is past. It sounds silly, but this one is really hard on me. I don't talk to anyone about it, because they'd just tell me to cheer up, that I have plenty of time left, I look great, etc. Am I talking about accomplishments, or happiness, or what? I feel as if the rules have changed.*