**INTERNAL (SELF) LITIGATION STRESS ASSESSMENT**

**PERSONAL ISSUES**

**Have you experienced any major life changes recently?**

*This could include such things as the loss of a loved one, a major financial setback or a change in your spouse's or children's health*

**Have you experienced any significant changes in your health?**

*This could include the reemergence of a previously dormant or resolved problem*

**Are there any newly-emerging problems in your personal life?**

**Do you find yourself worrying more and/or being unable to set worries aside?**

**If you have been sued for malpractice, do you find yourself preoccupied with the case?**

*Such preoccupation could relate to a legal case which is currently open, or to one which has been closed for a long period of time*

**Do you have a generalized sense of sadness?**

**Do you find yourself getting angry or irritable more often, or that it occurs with minimal provocation?**

**Are you having increased difficulty concentrating?**

**Has there been a significant change in your sleeping patterns?**

*This could be insomnia or excessive sleeping*

**Do you find yourself losing enthusiasm for activities you have previously enjoyed?**

**Have you gained or lost a significant amount of weight recently?**

**Has there been a change in your sex life?**

*This could include a loss of interest in sex, a preoccupation with sex, or the emergence or reemergence of behavior consistent with a sexual addiction*

**Are you experiencing an increase in habitual or impulsive behaviors?**

**Has your use of controlled or uncontrolled substances increased?**

*This could include alcohol or over the counter sleeping aids, or self-medication with controlled substances which are prone to abuse*

**Do you find yourself thinking of suicide?**

**PRACTICE ISSUES**

**Has there been a change in your general practice patterns?**

*This could include rounding less frequently, slower in completing charts, forgetting commitments, etc.*

**Have you recently changed (narrowed or expanded) the scope of your practice?**

**Have you made a major error recently?**

**Do you find yourself thinking more frequently about retirement or a career change?**

**PROFESSIONAL RELATIONSHIP ISSUES**

**Have you noticed any changes in your relationships with staff, colleagues, etc.?**

**Has there been an increase in the number of complaints made against you, or have the nature of the complaints changed?**