

Postpartum Check In

I, _____, agree to fill out this check in 2-4 weeks postpartum and share it with my partner/someone I trust. I understand that this isn't intended to diagnose mood/anxiety disorders.

Dear _____, I am giving this to you because I trust you. I want this to open up discussion about what I have been experiencing since the baby has been born.

I am so sad & I can't stop crying for no apparent reason.	I don't feel like I'm 'in love' with the baby.
I have thoughts of running away.	I have unexplained physical ailments.
I feel like I'm not able to take care of myself, the baby or the family.	I'm just going through the motions. I feel empty and hollow.
I am anxious all of the time.	I can't eat at all/I eat all of the time.
I feel disconnected. I feel like there is a wall between me and everyone else.	I'm annoyed at everything & I resent the baby/our family.
I've been in a fog & I can't focus.	I don't understand why this is happening.
I'm so irritated & angry. I lash out on the family/children/pets in rage.	I don't know who I am anymore. I'm scared that I'll never be myself again.
I feel like this is never going to get better.	I can't sleep even though I'm tired.
I feel so guilty. I feel like I need to do better.	I sleep all of the time & I'm still tired.
I feel like the baby/family deserves better/is better off without me. I feel worthless.	I'm scared that if I tell anyone else, they will take our baby away.
I'm overwhelmed. I feel like I can't do this, I ask myself why did I do this, and I feel like I can't continue to do this.	I'm scared that everyone will judge me if I reach out for help.
I'm confused and scared.	I have had suicidal thoughts.
My thoughts are racing. I can't relax.	I have heart palpitations.
I can't sit still. I am always cleaning, working, checking.	I have shortness of breath.
I'm worried all of the time. Nothing reassures me. I'm always thinking, did I lock the door? The car? Is baby breathing? Is the oven on?	I'm always thinking what if... what if you leave me? What if the baby dies? What if I die?
I have stomach cramps/headaches/shakiness/nausea.	I have panic attacks.
I'm so tired but I can't sleep.	I have no appetite.

I am extremely aware & sensitive to everything around me. Everything seems dangerous. I get annoyed if others don't see the same dangers that I do.	I have vivid thoughts fly into my head unwanted. What if I drop the baby? What if I trip down the stairs? What if I throw the baby out of the window?
I'm afraid about things in the house that can harm the baby like hot water, knives, heights, staircase, etc.	I'm terrified that I will act on these thoughts although I know I will never hurt the baby.
I'm having scary thoughts that make me wonder who I am. I don't trust myself.	I'm afraid to be alone with the baby because of these thoughts.
I have a sense of dread, like something bad is going to happen.	I feel tremendously guilty and shameful. I feel like an awful mother.
I don't have any interest in caring for the baby.	I don't want to be pregnant ever again.
I am terrified of having sex or becoming intimate.	I'm terrified of having another baby.
I have flashbacks about the labor/birth.	I don't want any reminders about the birth.
I am fearful about having any check ups.	I feel like I don't have a baby/don't want the baby.
I am always agitated and irritable.	I only feel like myself when I'm using alcohol or other substances.
I feel like I don't need any sleep.	I have been having racing thoughts.
I feel like I get so much done during the day.	I am doing incredible, I'm overachieving.
I've been having mood swings.	I feel like I'm overeating.
Partner might notice risky investments, pressured speech, & hypomania.	
I see someone else's face when I look at the baby.	I feel like other people want to hurt me.
I have thoughts that I should or that I need to hurt my baby.	I have had serious thoughts about hurting myself and suicide.
I feel like I'm seeing/hearing things that others can't see/hear.	I am having rapid mood swings.
Partner might notice delusions of grandiosity, disorganized thoughts, & insomnia.	

Depression	Anxiety	OCD	PTSD	Bipolar	Psychosis
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This checklist is not intended to diagnose any mental illness.

You are not alone. With help, you will be well.