

PMDD Profile

For each, rate from 0–10. If your experience differs at work vs. home, complete both.

Rating guide: 0 = no difficulty; 10 = severe/problematic almost every luteal day.

Domain	Home/Close relationships (0–10)	Work/ Co-workers (0–10)	Notes / Examples
Mood reactivity & irritability (sudden anger, tearfulness)			
Anxiety / tension / feeling 'on edge'			
Depression / hopelessness / self-critical thoughts			
Rejection sensitivity / interpersonal conflict			
Impulsivity & urges (eating, spending, substances)			
Cognitive fog (attention, working memory, word finding), dyssomnia			

Sleep disruption (insomnia, hypersomnia)			
Energy & fatigue (crashes, post-work depletion)			
Physical symptoms (bloating, headaches, pain, appetite)			
Sensory sensitivity (sound, light, touch, smells)			
Self harm thoughts / suicidality (if present, safety plan)			
OCD traits exacerbated			
Feelings for people change—tolerance depletion			

Domain Guide

- **Mood reactivity & irritability:**
Minor setbacks (e.g., an email) trigger outsized anger/tears; feel 'not myself.'
- **Anxiety / tension:**
Racing thoughts and bodily tension escalate late afternoon; struggle to unwind.
- **Depression / hopelessness:**
Sudden drop in motivation and worth, with thoughts like 'what's the point?'
- **Rejection sensitivity / relationships:**
Partner's neutral tone feels rejecting; arguments escalate quickly—regret afterwards.
- **Impulsivity & urges:**
Strong urges to spend online or binge food late at night; hard to delay.
- **Cognitive fog:**
Simple admin feels impossible; forget steps mid task; lose words in meetings.
- **Sleep disruption:**
Difficulty falling/staying asleep; or oversleeping and still feeling unrefreshed.
- **Energy & fatigue:**
Afternoon crash; chores pile up; long recovery time after social/work demands.
- **Physical symptoms:**
Bloating, breast tenderness, headaches, appetite shifts; pain increases irritability.
- **Sensory sensitivity:**
Everyday sounds feel overwhelming; clothing textures become intolerable.
- **Safety (self-harm thoughts):**
Intrusive thoughts appear only in luteal days; reduce once bleeding starts.
- **Functioning impact:**
Deadlines slip; avoid calls; routines collapse then rebound after period starts.

Reflection Prompts

1. Which three domains scored the highest (most difficult)? Why these?
2. How do your scores differ between work and home? Any transferable strengths?
3. What, if any, patterns do you notice across your cycle (early luteal vs. late luteal vs. menses)?
4. What makes symptoms better or worse (sleep, nutrition, caffeine, exercise, alcohol, conflict)?
5. Any risk indicators (self-harm thoughts, impulsive behaviours)? What helps you stay safe?

Menus of Support

Pick small, realistic supports (1–2 per domain). We will trial them for one cycle and review.

- **Cycle tracking:**
Daily 0–10 mood/energy/impulsivity ratings + domain notes; identify luteal start.
- **Rhythm & regulation:**
Consistent wake time; sunlight a.m.; gentle movement most days.
- **Stress & nervous system:**
Paced breathing, sensory grounding, time boxed worry period.
- **Cognitive offloading:**
Checklists, templated emails, 'two minute rule,' visual boards.
- **Workload shaping:**
Protect deep work blocks; push complex tasks outside late luteal where possible.
- **Sleep edges:**
Screens down 60–90 min before bed; wind down routine; caffeine cut off earlier.
- **Relationship buffers:**
Share your window of vulnerability; agree repair steps post conflict.

- **Impulse guards:**
Cooling off timer, 'wish list' delay, spending caps, environment design.
- **Nutrition basics:**
Regular protein + complex carbs; hydration; gentle approach to cravings.
- **Medical conversations:**
Discuss options with GP/psychiatry (e.g., SSRI luteal dosing, contraception).

Safety Plan (if applicable)

- Early warning signs I notice:
- People I can contact / supports:
- Steps I will take if risk increases:
- Remove/secure means; reduce alcohol; follow my crisis plan.

If acute risk: Contact emergency services, local crisis team, or attend A&E.

Prioritising Targets

Circle your three highest scoring domains. We'll choose **ONE** primary target for this cycle.

- Primary target domain: _____ (Why this one?)
- Secondary target domain: _____
- Third target domain: _____

Micro Experiments (2–4 weeks)

Design 1–3 tiny experiments you can repeat on luteal days. For each, define your **Trigger**, **Action**, and **Measure**.

- When I notice _____, I will _____ for _____ minutes. I will track with _____.
- I will reduce _____ and add _____ on the 5 most difficult luteal days.
- I will schedule a check in with _____ on day _____ of my cycle.

Review Plan

- Date to review after one cycle:
- What worked? What didn't? Any surprises?
- Update targets and supports for the next cycle.

Notes