Amen Brain System Checklist

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, lover or parent) rate you as well on a separate questionnaire.

List other person_________________________________.

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<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>Never</td>
<td>Rarely</td>
<td>Occasionally</td>
<td>Frequently</td>
<td>Very Frequently</td>
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<tr>
<td>5</td>
<td>NA</td>
<td>Not Applicable/Not Known</td>
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____ 1. Fails to give close attention to details or makes careless mistakes
____ 2. Trouble sustaining attention to routine situation (i.e. homework, chores, paperwork)
____ 3. Trouble listening
____ 4. Fails to finish things
____ 5. Poor organization for time or space (such as backpack, room, desk, paperwork)
____ 6. Avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort
____ 7. Loses things
____ 8. Easily distracted
____ 9. Forgetful
____ 10. Poor planning skills
____ 11. Lack clear goals or forward thinking
____ 12. Difficulty expressing feelings
____ 13. Difficulty expressing empathy for others
____ 14. Excessive daydreaming
____ 15. Feeling bored
____ 16. Feeling apathetic or unmotivated
____ 17. Feeling tired, sluggish or slow moving
____ 18. Feeling spacey or in a fog
____ 19. Fidgety, restless or trouble sitting still
____ 20. Difficulty remaining seated in situations where remaining seated is expected
____ 21. Runs about or climbs excessively in situations in which it is inappropriate
____ 22. Difficulty playing quietly
____ 23. “On the go” or acts if “driven by motor”
____ 24. Talks excessively
____ 25. Blurs out answers before questions have been completed
____ 26. Difficulty waiting turns
____ 27. Interrupts or intrudes on others (e.g., butts into conversations or games)
____ 28. Impulsive (saying or doing things without thinking first)
____ 29. Excessive or senseless worrying
____ 30. Upset when things do not go your way
____ 31. Upset when things are out of place
____ 32. Tendency to be oppositional or argumentative
____ 33. Tendency to have repetitive negative thoughts
____ 34. Tendency towards compulsive behaviors
____ 35. Intense dislike for change
____ 36. Tendency to hold grudges
____ 37. Trouble shifting attention from subject to subject
____ 38. Trouble shifting behavior from task to task
____ 39. Difficulties seeing options in situations
____ 40. Tendency to hold on to own opinion and not listen to others
____ 41. Tendency to get locked into a course of action, whether or not it is good
____ 42. Needing to have things done a certain way or you become very upset
____ 43. Others complain that you worry too much
____ 44. Tend to say no without first thinking about the question
____ 45. Tendency to predict fear
46. Frequent feelings of sadness
47. Moodiness
48. Negativity
49. Low energy
50. Irritability
51. Decreased interest in others
52. Decreased interest in things that are usually fun and pleasurable
53. Feelings of hopelessness about the future
54. Feelings of helplessness or powerlessness
55. Feeling dissatisfied or bored
56. Excessive guilt
57. Suicidal feelings
58. Crying spells
59. Lowered interest in things usually considered fun
60. Sleep changes (too much or too little)
61. Appetite changes (too much or too little)
62. Chronic low self-esteem
63. Negative sensitivity to smells and odors
64. Frequent feelings of nervousness or anxiety
65. Panic attacks
66. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
67. Periods of heart pounding, rapid heart rate or chest pain
68. Periods of trouble breathing or feeling smothered
69. Periods of feeling dizzy, faint or unsteady on your feet
70. Periods of nausea or abdominal upset
71. Periods of sweating, hot or cold flashes
72. Tendency to predict the worst
73. Fear of dying or doing something crazy
74. Avoid places for fear of having an anxiety attack
75. Conflict avoidance
76. Excessive fear of being judged or scrutinized
77. Persistent phobias
78. Low motivation
79. Excessive motivation
80. Tics (hand or vocal)
81. Poor handwriting
82. Quick startle
83. Tendency to freeze in anxiety provoking situations
84. Lack confidence in their abilities
85. Seems shy or timid
86. Easily embarrassed
87. Sensitive to criticism
88. Bites fingernails or picks skin
89. Short fuse or periods of extreme irritability
90. Periods of rage with little provocation
91. Often misinterprets comments as negative when they are not
92. Irritability tends to build, then explodes, then recedes, often tired of rage
93. Periods of spaciness or confusion
94. Periods of panic and/or fear for no specific reason
95. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
96. Frequent periods of déjà vu (feelings of being somewhere you have never been)
97. Sensitivity or mild paranoia
98. Headaches or abdominal pain of uncertain origin
99. History of head injury or family history of violence or explosives
100. Dark thoughts, may involve suicidal or homicidal thoughts
101. Periods of forgetfulness or memory problems