

Amen Brain System Checklist

Name: _____

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. List other _____

0	1	2	3		
4			NA		
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/Not Known

Other Self

- | | | |
|-----|-----|--|
| ___ | ___ | 1. Fails to give close attention to details or makes careless mistakes |
| ___ | ___ | 2. Trouble sustaining attention in routine situations (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 as if "driven by a motor" |
| ___ | ___ | 24. Talks excessively |
| ___ | ___ | 25. Blurts out answers before questions have been completed |
| ___ | ___ | 26. Difficulty awaiting turn |
| ___ | ___ | 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 toward 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 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 or 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/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 by others
- ___ 77. Persistent phobias
- ___ 78. Low motivation
- ___ 79. Excessive motivation
- ___ 80. Tics (motor or vocal)
- ___ 81. Poor handwriting
- ___ 82. Quick startle
- ___ 83. Tendency to freeze in anxiety provoking situations
- ___ 84. Lacks 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 after a 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 deja 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 a head injury or family history of violence or explosiveness
- ___ 100. Dark thoughts, may involve suicidal or homicidal thoughts
- ___ 101. Periods of forgetfulness or memory problems