

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, partner or parent) rate you as well. List other person _____

| | | | | | |
|-------|--------|--------------|------------|-----------------|--------------------------|
| 0 | 1 | 2 | 3 | 4 | N/A |
| 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 waiting 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 feeling 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. Feeling of hopelessness about the future
- _____ 54. Feeling 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 déjà vu (feeling 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