

Amen Brain System Checklist

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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 _____.

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

- ___ 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. Blurts 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