Making a Good Brain Great

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Patient Name	
Date	
Age	

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 rate you who knows you well (such as a spouse, lover or parent).

0	1	2	3	4
Never	Rarely	Occassionally	Frequently	Very Frequently

OTHER	SELF	
		1. Failure to give close attention to details; careless mistakes
		2. Trouble sustaining attention in routine situations (e.g., homework, chores, paperwork)
		3. Trouble listening
		4. Failure to finish things, procrastination
		5. Poor time organization
		6. Loses things
		7. Easily distracted
		8. Poor planning skills, lack of clear goals or forward thinking
		9. Difficult expressing empathy for others
		10. Impulsiveness (saying or doing things without thinking first)
		← TOTALS

		11. Excessive or senseless worrying
		12. Upset when things do not go your way
		13. Upset when things are out of place
		14. Tendency to be oppositional or argumentative
		15. Tendency to have repetitive negative thoughts
		16. Tendency toward compulsive behaviors
		17. Intense dislike for change

		18. Tendency to hold grudges
		19. Needing to have things done a certain or you become very upset
		20. Tendency to say no without first thinking about the question
		← TOTALS

		21. Frequent feelings of sadness or moodiness
		22. Negativity
		23. Decreased interest in things that are usually fun or pleasurable
		24. Feelings of hopelessness about the future
		25. Feelings of worthlessness, helplessness, or powerlessness
		26. Feeling dissatisfied or bored
		27. Crying spells
		28. Sleep changes (too much or too little)
		29. Appetite changes (too much or too little)
		30. Chronic low self-esteem
		← TOTALS

		31. Frequent feelings of nervousness or anxiety
		32. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremors)
		33. Tendency to predict the worst
		34. Conflict avoidance
		35. Excessive fear of being judge or scrutinized by others
		36. Excessive motivation, can't stop working
		37. Tendency to freeze in anxiety-provoking situations
		38. Shyness or timidity
		39. Sensitivity to criticism
		40. Fingernail-biting or skin-pricking
		← TOTALS

		41. Trouble finding the right word
		42. Mood instability or changes
		43. Short fuse, aggression, or periods of extreme irritability
		44. Frequent misinterpretation of comments as negative when they are not
		45. Periods of panic and/or fear for no specific reason
		46. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
		47. Frequent periods of déjà vu (feelings of being somewhere you have not been)
		48. Sensitivity or mild paranoia
		49. Dark thoughts, may involve suicidal or homicidal thoughts
		50. Periods of forgetfulness or memory problems
		← TOTALS

		51. Poor handwriting
		52. Trouble maintaining an organized work area
		53. Tendency to have multiple piles around the house
		54. Greater sensitivity to noise
		55. Particular sensitivity to touch or to certain clothing or tags on the clothing
		56. Tendency to be clumsy or accident-prone
		57. Trouble learning new information or routines
		58. Trouble keeping up in conversations
		59. Light sensitivity; easily bothered by glare, sunlight, headlights, or streetlights
		60. More sensitivity than others to the environment
		← TOTALS

ANSWER KEY	'Other' Totals	'Self' Totals
Prefrontal Cortex (PFC) symptoms = questions 1-10		
Anterior Cingulated Gyrus (ACG) symptoms = questions 11-20		
Deep Limbic System (DLS) symptoms = questions 21 -30		
Basal Ganglia (BG) symptoms = questions 31 – 40		
Temporal Lobe (TL) symptoms = questions 41 – 50		
Cerebellum (CB) symptoms = questions 51-60		