

Name: _____

Amen Brain System Checklist

Please rate yourself on each of the systems 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 _____

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 quiet |
| _____ | _____ | 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 (i.e., 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 |
| _____ | _____ | 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 |

Name: _____

- ___ ___ 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 déjà vu (feelings of being somewhere you have never been)
- ___ ___ 97. Sensitivity or mild paranoia
- ___ ___ 98. Headaches or abdominal pain of an uncertain origin
- ___ ___ 99. History of a head injury or family history violence or explosiveness
- ___ ___ 100. Dark thoughts, may involve suicidal or homicidal thoughts
- ___ ___ 101. Periods of forgetfulness or memory problems