

Never or "NA"	Rarely	Occasionally	Frequently	Very Frequently	
0	1	2	3	4	
Deep Limbic System:					
	0	1	2	3	4
1. Feelings of sadness					
2. Moodiness					
3. Negativity					
4. Low energy					
5. Irritability					
6. Decreased interest in others					
7. Feelings of hopelessness about the future					
8. Feelings of helplessness or powerlessness					
9. Feeling dissatisfied or bored					
10. Excessive guilt					
11. Suicidal feelings					
12. Crying					
13. Lowered interest in things that used to be fun					
14. Sleep changes (too much or too little)					
15. Appetite changes (too much or too little)					
16. Low self-esteem					
17. Decreased interest in sex					
18. Upset by sensitivity to smells/odors					
19. Forgetfulness					
20. Poor concentration					
Prefrontal Cortex					
1. Poor attention to details, prone to mistakes					
2. Trouble sustaining attention in routine tasks					
3. Trouble listening					
4. Inability to finish things, poor follow-through					
5. Poor organization of time or space					
6. Distractibility					
7. Poor planning skills					
8. Lack of clear goals or forward thinking					
9. Difficulty expressing feelings					
10. Difficulty expressing empathy for others					
11. Excessive daydreaming					
12. Boredom					
13. Apathy or lack of motivation					
14. Lethargy					
15. A feeling of spaciness or being "in a fog"					
16. Restlessness or trouble sitting still					
17. Difficulty remaining seated					
18. Conflict seeking					
19. Talking too much or too little					
20. Blurting out answers before question is done					
21. Difficulty awaiting turn					
22. Interruption of others (butting in, etc.)					
23. Impulsivity (saying/doing w/o thinking)					
24. Trouble learning from past mistakes					
Scores:	0	1	2	3	4
Deep Limbic system: _____					
Prefrontal Cortex: _____					
Basal Ganglia: _____					
Cingulate Gyrus: _____					
Temporal Lobes: _____					
Total areas possibly significant: _____					
Basal Ganglia:					
	0	1	2	3	4
1. Feelings of nervousness or anxiety					
2. Panic Attacks					
3. Muscle tension (headaches, achiness, tremors)					
4. Pounding heart, rapid heart rate, or chest pain					
5. Trouble breathing or feeling smothered					
6. Feeling dizzy, faint or unsteady standing					
7. Periods of nausea or abdominal upset					
8. Periods of nervous sweating, cold hands					
9. Tendency to predict the worst					
10. Fear of dying or doing something crazy					
11. Low threshold of embarrassment					
12. Conflict avoidance					
13. Excessive fear of being judged by others					
14. Persistent phobias					
15. Low motivation					
16. Excessive motivation					
17. Tics (uncontrolled jerks, vocalizations...)					
18. Poor handwriting					
19. Quick startle response					
20. Excessive worry about what others think					
21. Shyness or timidity					
22. Avoiding places for fear of an anxiety attack					
23. Tendency to freeze in frightening situations					
Cingulate Gyrus					
1. Excessive or senseless worrying					
2. Upset when things don't turn out your way					
3. Being upset when things are out of place					
4. Tendency to be oppositional or argumentative					
5. Tendency to have repetitive negative thoughts					
6. Tendency toward compulsive behaviors					
7. Intense dislike of change					
8. Tendency to hold grudges					
9. Trouble shifting attention to a new subject					
10. Trouble shifting from task to task; stuck					
11. Difficulties seeing options in situations					
12. Hold on to opinion and not listen to others					
13. Gets locked into one course of action					
14. Upset unless things are done "my way"					
15. Seen by others as worrying too much					
16. Tendency to say no automatically					
17. Tendency to predict negative outcomes					
Temporal Lobes					
1. Short fuse or periods of extreme irritability					
2. Periods of rage with little provocation					
3. Negative misinterpretations of comments					
4. Cycles of building irritability that explodes, ending in exhaustion					
5. Periods of spaciness or confusion					
6. Panic or fear for no apparent reason					
7. Seeing "shadows" or hearing muffled "voices"					
8. Frequent periods of deja vu					
9. Too sensitive, or mild paranoia					
10. Headaches or abdominal pain origin unknown					
11. History of head injury, violent family					
12. Dark thoughts, suicide, homicide					
13. Periods of forgetfulness					
14. Memory problems					
15. Reading comprehension problems					
16. Preoccupation with moral or religious ideas					
	0	1	2	3	4

Test taken by: _____ Date: _____

Subject of test:

Self

Other: _____