

Amen Brain System Checklist

Name: _____ Form completed by: _____

D.O.B. _____ Age: _____ Medications: _____

Please read these lists of behaviors and rate yourself (or the person your evaluating) on each behavior listed:

Scale: 0 = Never 1 = Rarely 2 = Occasionally 3 = Frequently 4 = Very frequently

Depression

- ___ 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 usually considered fun
- ___ 14. Sleep changes (too much or too little)
- ___ 15. Low self-esteem
- ___ 16. Decreased interest in sex
- ___ 17. Negative sensitivity to smells / odors
- ___ 18. Forgetfulness
- ___ 19. Poor concentration

Anxiety

- ___ 1. Feelings of nervousness or anxiety
- ___ 2. Panic attacks
- ___ 3. Muscle tension (headaches, sore muscles, hand tremor)
- ___ 4. Heart pounding, rapid heart rate, or chest pain.
- ___ 5. Trouble breathing or feeling smothered
- ___ 6. Dizzy, faint, or unsteady on your feet
- ___ 7. Nausea or abdominal upset

- ___ 8. Sweating, hot or cold flashes, cold hands
- ___ 9. Tendency to predict the worst
- ___ 10. Fear of dying or being crazy
- ___ 11. Avoid public places for fear of an anxiety attack.
- ___ 12. Excessive conflict avoidance
- ___ 13. Excessive fear of being judged by others
- ___ 14. Persistent phobias

- ___ 15. Low motivation
- ___ 16. Excessive motivation
- ___ 17. Tics

- ___ 18. Poor handwriting
- ___ 19. Quick startle reaction
- ___ 20. Freeze in anxious situations
- ___ 21. Excessive worry about what others think
- ___ 22. Shyness or timidity
- ___ 23. Become embarrassed easily

Anger – Irritability

- ___ 1. Short fuse or periods of extreme irritability
- ___ 2. Periods of rage with little provocation
- ___ 3. Frequent misinterpretation of comments as negative
- ___ 4. Irritability that builds, then explodes, then recedes. Person often feels tired after
- ___ 5. Periods of spaciness or confusion
- ___ 6. Panic and or fear for no reason
- ___ 7. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
- ___ 8. Frequent periods of , feelings of being somewhere you have never been or not recalling a familiar place or person
- ___ 9. Sensitivity or mild paranoia
- ___ 10. Headaches or abdominal pain of uncertain origin
- ___ 11. History of a minor or major head injury
- ___ 12. Family history of violence or explosiveness
- ___ 13. Dark thoughts, such as suicidal or homicidal
- ___ 14. Periods of forgetfulness
- ___ 15. Memory problems

- ___ 16. Reading comprehension problems
- ___ 17. Preoccupation with moral or religious ideas

Attention – Impulsive

- ___ 1. Can not sustain attention. Lots of careless mistakes
- ___ 2. Trouble sustaining attention in routine situations - homework, chores, paperwork
- ___ 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 in situations where remaining seated is expected
- ___ 18. Conflict seeking
- ___ 19. Talking too much or too little
- ___ 20. Blurting out of answers before questions have been completed
- ___ 21. Difficulty awaiting turn
- ___ 22. Interruption of or intrusion on others (butting into conversations or games)
- ___ 23. Impulsivity (saying or doing things before thinking)
- ___ 24. Trouble learning from experience, makes repetitive mistakes.

Transitions – Obsessive – Compulsive

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| <p>___ 1. Excessive or senseless worrying</p> <p>___ 2. Being upset when things do not go your way</p> <p>___ 3. Being upset when things are out of place</p> <p>___ 4. Tendency to be oppositional or argumentative</p> <p>___ 5. Tendency to have repetitive negative thoughts</p> <p>___ 6. Tendency toward compulsive behaviors</p> <p>___ 7. Intense dislike of change</p> <p>___ 8. Tendency to hold grudges</p> <p>___ 9. Trouble shifting attention from subject to subject</p> | <p>___ 10. Trouble shifting behavior from task to task</p> <p>___ 11. Difficulties seeing options in situations</p> <p>___ 12. Tendency to hold on to own opinion and not listen to others</p> <p>___ 13. Tendency to get locked into a course of action, whether or not it is good</p> <p>___ 14. Being very upset unless things are done a certain way</p> <p>___ 15. Perception by others that you worry too much</p> <p>___ 16. Tendency to say no without first thinking about question</p> <p>___ 17. Tendency to predict negative outcomes.</p> |
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Scoring: Count the number of items marked 3 or 4. Place the number in the applicable box. Five or more symptoms marked 3 or 4 are suggestive of problems in the area concerned.

Depression	Anxiety	Anger	Attention – Impulse	Transitions OCD