## Amen Brain System Checklist

Form completed by: \_\_\_\_\_

D.O.B Age:	
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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

<ul> <li>1. Feelings of Sadness</li> <li>2. Moodiness</li> <li>3. Negativity</li> <li>4. Low energy</li> <li>5. Irritability</li> <li>6. Decreased interest in others</li> <li>7. Feelings of holplessness about the future</li> <li>8. Feelings of helplessness or powerlessness</li> <li>9. Feeling dissatisfied or bored</li> <li>10. Excessive guilt</li> <li>11. Suicidal feelings</li> <li>12. Crying</li> <li>13. Lowered interest in things usually considered fun</li> <li>14. Sleep changes (too much or too little)</li> <li>15. Low self-esteem</li> <li>16. Decreased interest in sex</li> <li>17. Negative sensitivity to smells / odors</li> <li>18. Forgetfulness</li> <li>19. Poor concentration</li> <li>14. State fully</li> <li>15. Low self-esteem</li> <li>16. Decreased interest in sex</li> <li>17. Negative sensitivity to smells / odors</li> <li>18. Forgetfulness</li> <li>19. Poor concentration</li> <li>14. Persistent phobias</li> <li>15. Low suff-esteem</li> <li>16. Decreased interest in sex</li> <li>17. Negative sensitivity to smells / odors</li> <li>18. Forgetfulness</li> <li>19. Poor concentration</li> <li>14. Persistent phobias</li> <li>15. Low suff-esteem</li> <li>16. Excessive motivation</li> <li>17. Tics</li> <li>18. Poor handwriting</li> <li>19. Poor concentration</li> <li>20. Freeze in anxious situations</li> <li>21. Excessive or minidity</li> </ul>	Depression	Anxiety
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think		20. Freeze in anxious situations
think		21. Excessive worry about what others
22. Shyness or timidity		•
		22. Shyness or timidity
23. Become embarrassed easily		23. Become embarrassed easily

<u>Anger – Irritability</u>	<u> Attention – Impulsive</u>
<ul> <li>1. Short fuse or periods of extreme irritability</li> <li>2. Periods of rage with little provocation</li> </ul>	<ul> <li>1. Can not sustain attention. Lots of careless mistakes</li> <li>2. Trouble sustaining attention in routine situations - homework, chores, paperwork</li> </ul>
<ul> <li>3. Frequent misinterpretation of comments as negative</li> <li>4. Irritability that builds, then explode, then recedes. Person often feels</li> </ul>	<ul> <li> 3. Trouble listening</li> <li> 4. Inability to finish things, poor follow-through</li> </ul>
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	<ul> <li>5. Poor organization of time or space</li> <li>6. Distractibility</li> <li>7. Poor planning skills</li> </ul>
sounds 8. Frequent periods of , feelings of being somewhere you have never been or not recalling a familiar	8. Lack of clear goals or forward thinking
place or person 9. Sensitivity or mild paranoia 10. Headaches or abdominal pain of uncertain origin 11. History of a minor or major head	<ul> <li>9. Difficulty expressing feelings</li> <li>10. Difficulty expressing empathy for others</li> <li>11. Excessive daydreaming</li> </ul>
12. Family history of violence or explosiveness	12. Boredom
13. Dark thoughts, such as suicidal or homicidal	13. Apathy or lack of motivation
14. Periods of forgetfulness 15. Memory problems	<ul> <li> 14. Lethargy</li> <li> 15. A feeling of spaciness or "being in a fog"</li> </ul>
<ul> <li>16. Reading comprehension problems</li> <li>17. Preoccupation with moral or religious ideas</li> </ul>	<ul> <li>16. Restlessness or trouble sitting still</li> <li>17. Difficulty remaining seated in situations where remaining seated is expected</li> </ul>
	<ul> <li>18. Conflict seeking</li> <li>19. Talking too much or too little</li> <li>20. Blurting out of answers before questions have been completed</li> </ul>
	<ul> <li>21. Difficulty awaiting turn</li> <li>22. Interruption of or intrusion on others (butting into conversations</li> </ul>
	or games) 23. Impulsivity (saying or doing things before thinking) 24. Trouble learning from experience,
	makes repetitive mistakes.

## **Transitions – Obsessive – Compulsive**

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

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