

SYMPTOM TRACKING

Based on Amen Brain System Checklist

NAME: DATE:									
FILI	LED	IN B	Y : _						
and	freque	ently i	t affe	cts you	ı. Rate the item ı	using the followin		, have another p	e a combination of how severely person who knows you well e.
					0 Never Not an Issue	1 Rarely Very Mild	2 Occasionally Mild	3 Frequently Moderate	4 Very Frequently Severe
0	1	2	3	4					
					2. Trouble si 3. Trouble li 4. Fails to fir 5. Poor orgar 6. Avoids, di 7. Loses thin 8. Easily dist 9. Forgetful 10. Poor plant 11. Lack clear 12. Difficulty 13. Difficulty 14. Excessive 15. Feeling bot 16. Feeling ap 17. Feeling tit 18. Feeling sp 19. Fidgety, re 20. Difficulty 21. Runs abou 22. Difficulty 23. "On the g 24. Talks exce 25. Blurts out 26. Difficulty 27. Interrupts 28. Impulsive 29. Excessive 30. Upset who 31. Upset who 32. Tendency 33. Tendency 34. Tendency 35. Intense di 36. Tendency 37. Trouble sh 38. Trouble sh 39. Difficultie 40. Tendency	istaining attent stening hish things hish things hization for time slikes, or reluctings racted hing skills agoals or forware expressing feeling expressing empedaydreaming breathetic or unmored, sluggish or accey or "in a forestless, or trouble remaining seatest or climbs exceplaying (working or acts as if consistent or or acts as if consistent or sessively answers before waiting turn or intrudes on (saying or doing or senseless work things are out to be opposition to have repetit toward compulsilike for change to hold grudges infiting attentions seeing options to hold on to on the stening options to hold on the stening options	e or space (such astant to engage in the cant of place and or argumentative negative thous is the cant of place and or argumentative negative thous is the cant of	nere remaining ons where it is een completed into conversational first)	omework, chores, paperwork) from, desk, paperwork) free sustained mental effort g seated is expected inappropriate ons or games)
							lone a certain way		

0	1	2	3	4	
	-	_			43. Others complain that you worry too much
					44. Tendency to say no without first thinking about the question
	•••••				45. Tendency to predict fear
					46. Frequent feelings of sadness
	•••••				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
		•••••			61. Appetite changes (too much or too little)
					62. Chronic low self esteem
					63. Negative sensitivity to smells or 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 chest pain
					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/expect 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 facial)
					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 spacificss of confusion 94. Periods of panic and/or fear for no apparent reason
					95. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
					96. Frequent periods of déjá vu (feelings of being somewhere you have never been)
					97. Sensitivity of mild paranoia
					98. Headaches or abdominal pain of uncertain origin
					99. History of a head injury or family history of violence or explosiveness
					100. Dark thoughts, may involve suicidal or homicidal thoughts
					101. Periods of forgetfulness or memory problems
J.		J		.1	101. I offodo of forgettament of memory problems