



Family Connections Counseling Services, LLC
Penny L. Sprecher, Ph.D.
Clinical Psychologist

12801 Iron Bridge Road, Suite 400
Chester, VA 23831
(804) 768-0295

Reply to: P.O. Box 1482
Chesterfield, VA 23832
Email: Office@fccsva.com

Name: _____

Amen Adult Brain System Checklist

Please rate yourself on each of the symptoms 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** **NA**
Never Rarely Occasionally Frequently Very Frequently Not Applicable/Not Known

Other Self

Prefrontal Cortex...Inattentive Symptoms 6/18

- ___ ___ 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"

Hyperactivity-Impulsivity Symptoms 4/9

- ___ ___ 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 quietly

0 **1** **2** **3** **4** **NA**
 Never Rarely Occasionally Frequently Very Frequently Not Applicable/Not Known

Other Self

- ___ ___ 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 (e.g., butts into conversations or games)
- ___ ___ 28. Impulsive (saying or doing things without thinking first)

Cingulate System 5/17

- ___ ___ 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, whether or not it is good
- ___ ___ 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

Limbic 5/18

- ___ ___ 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 (too much or too little)
- ___ ___ 61. Appetite changes (too much or too little)
- ___ ___ 62. Chronic low self-esteem
- ___ ___ 63. Negative sensitivity to smells/odors

0 **1** **2** **3** **4** **NA**
 Never Rarely Occasionally Frequently Very Frequently Not Applicable/Not Known

Other Self

Basal Ganglia 5/25

- ___ ___ 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

Temporal Lobe 5/13

- ___ ___ 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 deja vu (feelings of being somewhere you have never been)
- ___ ___ 97. Sensitivity or 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