

Symptom Checklist

Please place a number by each of the following symptoms using the following rating scale:

0 1 2 3 4 5
Not at all Rarely Occasionally About 1/2 the time Quite often All the time

- Good days--bad days (inconsistent performance)
- Overly or consistently tired or fatigued
- Daydreams
- Feeling spacey or 'foggy'
- Fidgety--Restless or unable to sit still
- Not efficient--produces little work required within time limits
- Moody
- Too easily irritated
- Reversals in writing/copying: b for d, p for q
- Overly talkative or pressured to talk
- Does not associate an act with its logical consequence ("...if I don't complete my work, I will not keep my job/get paid," or "...if I talk, I will get detention.")
- Busy mind (distracts you from truly listening/connecting with others)
- Too easily distracted (smell, sight, sound, touch)
- Difficulty remembering recent events, names, dates, people, faces, times
- Yawns alot
- Writing tasks cause fatigue, discomfort (pencil grip)
- Reading improves with larger print or prefers to read in dim light
- Difficulty note-taking (cannot keep up with speaker, loses train of thought, messy notes, distracted, daydreams, gets bored - circle one)
- Interrupts/ blurts out/intrudes
- Difficulty with organization
- Difficulty initiating and completing tasks in an orderly sequential way
- Illegible handwriting
- Difficulty experiencing a quiet mind when engaged in a task that requires focus (putting a golf ball, interacting on a conference call, public speaking, writing)

- ___ Losing your place when reading (unless using a marker or your finger)
- ___ Difficulty paying attention
- ___ Headaches/stomachache each time you read for information
- ___ Difficulty tracking a ball (tennis, golf - losing the ball in space)
- ___ Words become blurry when reading for information (eyes hurt/ache/burn/tired)
- ___ Difficulty seeing and defining the main theme in a story, in a picture
- ___ Slow to memorize rhymes/poems
- ___ Conflict seeking (starts an argument/fight)
- ___ Overly or under sensitivity to visual stimuli (need computers or cannot watch certain types of movies)
- ___ Outbursts of rage or anger (hearing 'no,' road rage, disappointment)
- ___ Speaking voice is flat (not interesting to listen to)
- ___ Difficulty remembering sequence of 4 numbers or a list of 4 items given auditorally (orally)
- ___ Avoids tasks that require focus and sustain attention
- ___ Difficulty making decisions
- ___ Cannot remember what was just seen (was shown)
- ___ Impulsive (action before thinking)
- ___ Frustrates too easily
- ___ Complains, "I'm Bored!"
- ___ Craving sugar
- ___ Stuck repetitive thoughts _____ describe
- ___ Tics (involuntary movements: hair pulling, leg kicking, finger touching, etc)
- ___ Overly sensitive to smell (really likes or really dislikes an odor) describe _____
- ___ Difficulty with balance (trips, falls, sport performance, walking on toes)
- ___ Overly sensitive to touch (fabrics, clothing, etc)*needing to feel or reactivity
- ___ Feeling socially isolated or withdrawn (doesn't quite 'fit in')
- ___ Difficulty following verbal directions or instructions
- ___ Difficulty following conversations in a group discussion

***It can be very helpful to have 1 or 2 people, who are close to you, also rate you on this form.