

## **Section 1D**

### **Memory and Attention**

I have trouble paying consistent attention and concentrating. T / F

I need caffeine to wake up. T / F

I cannot think quickly enough. T / F

I do not have a good attention span. T / F

I have trouble getting through a task even when it is interesting to me. T / F

I am slow in learning new ideas. T / F

### **Physical**

I crave sugar. T / F

I have decreased libido. T / F

I sleep too much. T / F

I have a history of alcohol or addiction. T / F

I have recently felt worn out for no apparent reason. T / F

I sometimes experience total exhaustion without even exerting myself. T / F

I have always battled weight problems. T / F

I have little motivation for sexual experiences. T / F

I have trouble getting out of bed in the morning. T / F

I have had a craving for cocaine, amphetamines, or Ecstasy. T / F

### **Personality**

I feel fine just following others. T / F

People seem to take advantage of me. T / F

I am feeling very down or depressed. T / F

People have told me I am too mellow. T / F

I have little urgency. T / F

I let people criticize me. T / F

I always look to others to lead me. T / F

### **Character**

I have lost my reasoning skills. T / F

I can't make good decisions. T / F

Total Number of True responses \_\_\_\_\_

## **Section 2D**

### **Memory and Attention**

I lack imagination. T / F

I have difficulty remembering names when I first meet people. T / F

I have noticed that my memory ability is decreasing. T / F

My significant other tells me I don't have romantic thoughts. T / F

I can't remember my friends' birthdays. T / F

I have lost some of my creativity. T / F

### **Physical**

I have insomnia. T / F

I have lost muscle tone. T / F

I don't exercise anymore. T / F

I crave fatty foods. T / F

I have experimented with hallucinogens or other illicit drugs. T / F

I feel like my body is falling apart. T / F

I can't breathe easily. T / F

### **Personality**

I don't feel joy very often. T / F

I feel despair. T / F

I protect myself from being hurt by others by never telling much about myself. T / F

I find it more comfortable to do things alone rather than in a large group. T / F

Other people get angrier about bothersome things than I do. T / F

I give in easily and tend to be submissive. T / F

I rarely feel passionate about anything. T / F

I like routine. T / F

### **Character**

I don't care about anyone's stories but mine. T / F

I don't pay attention to people's feelings. T / F

I don't feel buoyant. T / F

I'm obsessed with my deficiencies. T / F

Total Number of True responses \_\_\_\_\_

### **Section D3**

#### **Memory and Attention**

I find it difficult to concentrate because I'm nervous and jumpy. T / F

I can't remember phone numbers. T / F

I have trouble finding the right word. T / F

I have trouble remembering things when I am put on the spot. T / F

I know I am intelligent, but it is hard to show others. T / F

My ability to focus comes and goes. T / F

When I read, I find that I have to go back over the same paragraph a few times to absorb the information. T / F

I am a quick thinker but can't always say what I mean. T / F

#### **Physical**

I feel shaky. T / F

I sometimes tremble. T / F

I have frequent backaches and/or headaches. T / F

I tend to have shortness of breath. T / F

I tend to have heart palpitations. T / F

I tend to have cold hands. T / F

I sometimes sweat too much. T / F

I am sometimes dizzy. T / F

I often have muscle tension. T / F

I tend to get butterflies in my stomach. T / F

I crave bitter foods. T / F

I am often nervous. T / F

I like yoga because it helps me to relax. T / F

I often feel fatigued even when I have had a good night's sleep. T / F

I overeat. T / F

#### **Personality**

I have mood swings. T / F

I enjoy doing many things at one time, but I find it difficult to decide what to do first. T / F

I tend to do things just because I think they'd be fun. T / F

When things are dull, I always try to introduce some excitement. T / F

I tend to be fickle, changing my mood and thoughts frequently. T / F

I tend to get overly excited about things. T / F

My impulses tend to get me into a lot of trouble. T / F

I tend to be theatrical and draw attention to myself. T / F

I speak my mind no matter what the reaction of others may be. T / F

I sometimes have fits of rage and then feel terribly guilty. T / F

I often tell lies to get out of trouble. T / F

I have always had less interest than the average person in sex. T / F

**Character**

I don't play by the rules anymore. T / F

I have lost many friends. T / F

I can't sustain romantic relationships. T / F

I consider the law arbitrary and without reason. T / F

I now consider rules that I used to follow ridiculous. T / F

Total Number of True responses \_\_\_\_\_

**Section 4D**

**Memory and Attention**

I am not very perceptive. T / F

I can't remember things that I have seen in the past. T / F

I have a slow reaction time. T / F

I have a poor sense of direction. T / F

**Physical**

I have night sweats. T / F

I have insomnia. T / F

I tend to sleep in many different positions in order to feel comfortable. T / F

I always awake early in the morning. T / F

I can't relax. T / F

I wake up at least two times per night. T / F

It is difficult for me to fall back asleep when I am awakened. T / F

I crave salt. T / F

I have less energy to exercise. T / F

I am sad. T / F

**Personality**

I have chronic anxiety. T / F

I am easily irritated. T / F

I have thoughts of self-destruction. T / F

I have had suicidal thoughts in my life. T / F

I tend to dwell on ideas too much. T / F

I am sometimes so structured that I become inflexible. T / F

My imagination takes over. T / F

Fear grips me. T / F

**Character**

I can't stop thinking about the meaning of life. T / F

I no longer want to take risks. T / F

The lack of meaning in my life is painful to me. T / F

Total Number of True responses \_\_\_\_\_