

AMEN CHECKLIST

Client: _____

Person Completing Form: _____

Date: _____

Please rate yourself (or the person you are evaluating) on each of the symptoms listed below using the following scale.

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Very Frequently
- N/A Not Applicable

- ___ 1. is easily distracted
- ___ 2. has difficulty sustaining attention span for most tasks in play, school, or work
- ___ 3. has trouble listening when others are talking
- ___ 4. has difficulty following through (procrastination) on tasks or instructions
- ___ 5. has difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker, etc.)
- ___ 6. has trouble with time, for example, is frequently late or hurried, tasks take longer than expected, projects or homework are "last-minute" or turned in late
- ___ 7. has tendency to lose things
- ___ 8. makes careless mistakes, poor attention to detail
- ___ 9. is forgetful
- ___ 10. daydreams excessively
- ___ 11. complains of being bored
- ___ 12. appears apathetic or unmotivated
- ___ 13. is tired, sluggish, or slow-moving
- ___ 14. is spacey or seems preoccupied
- ___ 15. is restless or hyperactive

- ___ 16. has trouble sitting still
- ___ 17. is fidgety, in constant motion (hands, feet, body)
- ___ 18. is noisy, has a hard time being quiet
- ___ 19. acts as if "driven by a motor"
- ___ 20. talks excessively
- ___ 21. is impulsive (doesn't think through comments or actions before they are said or done)
- ___ 22. has difficulty waiting his or her turn
- ___ 23. interrupts or intrudes on others (e.g. butts into conversations or games)
- ___ 24. worries excessively or senselessly
- ___ 25. is superorganized
- ___ 26. is oppositional, argumentative
- ___ 27. has a strong tendency to get locked into negative thoughts; has the same thought over and over
- ___ 28. has a tendency toward compulsive behavior
- ___ 29. has an intense dislike of change
- ___ 30. has a tendency to hold grudges
- ___ 31. has trouble shifting attention from subject to subject
- ___ 32. has difficulties seeing options in situations
- ___ 33. has a tendency to hold onto own opinion and not listen to others
- ___ 34. has a tendency to get locked into a course or action, whether or not it is good for the person
- ___ 35. needs to have things done a certain way or becomes very upset
- ___ 36. others complain that he or she worries too much
- ___ 37. has periods of quick temper or rages with little provocation

- ___ 38. misinterprets comments as negative when they are not
- ___ 39. irritability tends to build, then explodes, then recedes; is often tired after a rage
- ___ 40. has periods of spaciness or confusion
- ___ 41. has periods of panic and/or fear for no specific reason
- ___ 42. perceives visual changes, such as seeing shadows or objects changing shape
- ___ 43. has frequent periods of déjà vu (feelings of being somewhere before even though he or she has never been there before)
- ___ 44. is sensitive or mildly paranoid
- ___ 45. has headaches or abdominal pain of uncertain origin
- ___ 46. has a history of a head injury or a family history of violence or explosiveness
- ___ 47. has dark thoughts, may involve suicidal or homicidal thoughts
- ___ 48. has periods of forgetfulness or memory problems
- ___ 49. has a short fuse or periods of extreme irritability
- ___ 50. is moody
- ___ 51. is negative
- ___ 52. has low energy
- ___ 53. is frequently irritable
- ___ 54. has a tendency to be socially isolated
- ___ 55. has frequent feelings of hopelessness, helplessness, or excessive guilt
- ___ 56. has lowered interest in things that are usually considered fun
- ___ 57. undergoes sleep changes (too much or too little)
- ___ 58. has chronic low self-esteem
- ___ 59. is angry or aggressive
- ___ 60. is sensitive to noise, light, clothes, or touch
- ___ 61. undergoes frequent or cyclic mood changes (highs and lows)

- ___ 62. is inflexible, rigid in thinking
- ___ 63. demands to have his or her way, even when told no multiple times
- ___ 64. has periods of mean, nasty, or insensitive behavior
- ___ 65. has periods of increased talkativeness
- ___ 66. has periods of increased impulsivity
- ___ 67. displays unpredictable behavior
- ___ 68. way of thinking is grandiose or "larger than life"
- ___ 69. talks fast
- ___ 70. feels that thoughts go fast
- ___ 71. appears anxious or fearful