

Symptom Assessment:

Sleep Symptoms:

- Not rested after sleeping
- Difficulty waking up
- Frequent waking during the night
- Sleeping very lightly
- Night sweats
- Snoring
- Sleep apnea

- Physically restless sleep
- Nightmares
- Vivid/overly active dreaming
- Hot flashes during sleep
- Difficulty falling asleep due to “busy brain”
- Teeth grinding
- Clenching jaw
- Restless leg syndrome
- Snoring
- Sleep apnea

- Bed wetting
- Night sweats
- Sleep talking
- Sleep walking
- Nocturnal myoclonus (moving while sleeping)
- Narcolepsy (falling asleep frequently/suddenly during the day)
- Too busy to sleep (manic)

What is your sleep schedule like (when do you normally go to bed, wake up, how many hours do you sleep)?

If you could sleep as long as you want, would you wake feeling rested?

Attention Symptoms:

- Inattentive
- Daydreaming
- Spaciness
- Lack of motivation
- Poor concentration
- Hyperactivity
- Fidgety
- Leg or hand movements

- Impulsive
- Competing/too many thoughts (busy brain)
- Distracted by other external things
- Thrill seeking
- Stimulus seeking

- Hyperactivity after sugar
- Hyperactivity after sedatives
- Difficulty making decisions
- Disorganized
- Overwhelmed by stimuli

Is it easier to pay attention in:

- a quiet / relaxing / low stimulus place?
- an environment with some noise / things going on in the background?

Do you work best under the pressure of a deadline / or when you can pace yourself?

Behavioral Symptoms:

- Anxiety (worry)
- Depression (hopeless / lethargy)
- Irritability
- Feelings easily hurt / cries easily
- Perfectionist
- Remorseful after tantrums
- Excessive guilt
- Passive
- Thinks little of self
- Performance anxiety (public speaking)
- Shy
- Seasonal affective disorder
- Whining
- Fidgets

- Anxiety (fear)
- Depression (anxious / agitated)
- Agitation
- Mania
- Paranoia
- Shame
- Compulsive behavior
- Obsessive thoughts
- Suicidal thoughts or actions
- Involuntary movements / motor tics / vocal tics
- Impatient
- Angry
- Rumination (hard to let go of thoughts)
- Hold a grudge
- Hates self
- Dissociative
- Lacks empathy
- Lacks cause and effect thinking
- Poor comprehension & expression of emotion
- Lack of body awareness
- Poor awareness of appetite
- Poor eye contact
- Loud unmodulated voice
- Poor social awareness
- Autistic / Asperger's symptoms
- Road rage
- Nail biting / nervous habits
- History of attachment disorder

- Binge eating
- Anorexia
- Bulimia
- Bipolar (manic-depressive cycles)
- Panic attacks

- Encopresis (soiling)
- Dissociative identity disorder
- Borderline personality disorder
- Post-traumatic stress disorder
- Rages

How do you relax?

If you had a really bad day, what kinds of activities would you do to make yourself feel better?

Do you consider yourself to be flexible in your behaviors?

When you worry are you:

- more likely to keep your worries to yourself and not let others know?
- are you more comfortable if you let others know and then they participate in the worry with you?

What is your most common response to stress?

Sensory Processing Issues:

How is your awareness of your physical body space?

How are your spatial skills (are you able to do things like puzzles, manipulate small things, are you good with directions)?

Are you a picky eater?

Do particular smells bother you enough to want to avoid them?

Do you complain about being too hot or too cold when no one else is?

Are you sensitive to any kind of lighting?

Are you sensitive to any noises?

Any difficulty with voice volume modulation?

Do you often misunderstand what is said if you are not close to the speaker?

Do you have difficulty understanding the speaker if there is background noise?

Are light touches uncomfortable?

Are you bothered by clothing tags, seams in clothing, or socks?

Are there any textures that you do not like to touch?