

Arousal Assessment

Please fill in the circles to any symptoms or conditions you experience.

- ADD Diagnosis
- Poor Concentration
- Inattentive
- Distractibility
- Frequent Daydreaming
- Spaciness/Fogginess
- Forgetful
- Confused Thinking
- Lack of Motivation
- Depression/Low Mood
- Lethargy
- Sensitive/Feelings Easily Hurt
- Tears Easily
- Low Self-Esteem
- Tends to Introversion
- Excessively Shy
- Frequent Waking at Night
- Not Feeling Rested After Sleep
- Sleep >9hours/Night
- Falls Asleep in Low Stimulation Situations
- Snores Without Apnea
- Likes Caffeine
- Dislikes Alcohol Effects
- Busy Mind/Many Competing Thoughts
- Impulsive
- Fidgety
- Hyperactive
- Easily Bored
- Risk Seeker
- Impatient
- Agitated
- Aggressive
- Angry Depression
- Anxious/Fearful
- Tense
- Feel Overwhelmed
- Frequent Tension Headaches
- Teeth Grinding or Clenching
- Holds Resentments
- Many Social Conflicts
- Difficulty Falling Asleep
- Sensory Overload
- Low Emotional Awareness
- Heart Palpitations
- Dislikes Caffeine
- Likes Alcohol Effects
- Menopausal Hot Flashes
- History of Seizures*
- History of Head Injury*
- Migraine Headaches*
- Bipolar Symptoms or Diagnosis*
- Chronic Fatigue Symptoms
- Wakes During Night—Light Sleeper
- Sleep Apnea
- Sleepwalking—Now or as Child
- Frequent Nightmares
- Bedwetting After Conventional Age
- Night Sweats
- Hot Flashes, Not Related to Menopause
- Psychiatric Illness in Family
- PMS Symptoms
- Relationship Issues
- Diagnosed With Personality Disorder
- Poor Eye Contact