

BRAIN SYSTEMS QUIZ

Please rate yourself on each of the behaviors listed below using the scale provided. If possible, have another person who knows you well (e.g., a parent, a significant other, a close friend) rate you, as well, in order to construct the most complete picture.

0	1	2	3	4
Never	Rarely	Occasionally	Frequently	Very Frequently

- ___ 1. Failure to pay close attention to details; tendency to make careless mistakes
- ___ 2. Trouble sustaining attention in routine situations (e.g., homework, chores)
- ___ 3. Trouble listening
- ___ 4. Failure to finish things; tendency to procrastinate
- ___ 5. Poor time organization
- ___ 6. Tendency to lose things
- ___ 7. Tendency to be easily distracted
- ___ 8. Poor planning skills and a lack of clear goals or forward thinking

- ___ 9. Difficulty expressing empathy for others
- ___ 10. Impulsiveness (saying or doing things without thinking first)
- ___ 11. Excessive or senseless worrying
- ___ 12. Upset when things do not go your way
- ___ 13. Upset when things are out of place
- ___ 14. Tendency to be oppositional or argumentative
- ___ 15. Tendency to have repetitive negative thoughts
- ___ 16. Tendency toward compulsive behaviors
- ___ 17. Intense dislike for change
- ___ 18. Tendency to hold on to grudges
- ___ 19. Upset when things are not done a certain way
- ___ 20. Tendency to say no without first thinking about a question
- ___ 21. Frequent feelings of sadness or moodiness
- ___ 22. Negativity
- ___ 23. Decreased interest in things that are usually fun or pleasurable
- ___ 24. Feelings of hopelessness about the future
- ___ 25. Feelings of worthlessness, helplessness or powerlessness
- ___ 26. Feelings of dissatisfaction or boredom
- ___ 27. Crying spells
- ___ 28. Sleep changes (too much or too little)
- ___ 29. Appetite changes (too much or too little)

- ___ 30. Chronic low self-esteem
- ___ 31. Frequent feelings of nervousness or anxiety
- ___ 32. Symptoms of heightened muscle tension
- ___ 33. Tendency to predict the worst
- ___ 34. Conflict avoidance
- ___ 35. Excessive fear of being judged or scrutinized by others
- ___ 36. Excessive motivation (e.g., can't stop working)
- ___ 37. Tendency to freeze in anxiety-provoking situations
- ___ 38. Shyness or timidity
- ___ 39. Sensitivity to criticism
- ___ 40. Fingernail biting or skin picking

ANSWER KEY

Questions 1–10 = Prefrontal cortex symptoms

Questions 11–20 = Cingulate symptoms

Questions 21–30 = Deep limbic system symptoms

Questions 31–40 = Basal ganglia symptoms

If you answered two to three questions related to a particular brain system with a 3 or 4, struggles in that part of the brain may be possible. If you answered four to five questions with a 3 or 4, problems in that brain system are probable. If you answered six or more questions with a 3 or 4, problems in that brain system are highly probable.