



Biofeedback Institute of Los Angeles

Symptom Checklist

Please complete this symptom check list. Indicate low agreement with low numbers and high agreement with higher numbers. If the question does not apply to you please indicate N/A. Your responses will help us define your challenges and training areas.

Submission Options:

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Fill out the form below
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Name: _____

<p>In relationships I feel I am not good enough. (I feel competitive)</p> <p>1 2 3 4 5 N/A</p>	<p>I have had forceful accidents when I hit my head.</p> <p>1 2 3 4 5 N/A</p>
<p>I often find myself re-reading a paragraph. (I can't remember what I just read)</p> <p>1 2 3 4 5 N/A</p>	<p>Sometimes people tell me things that happened to me that I can't remember at all.</p> <p>1 2 3 4 5 N/A</p>
<p>Sometimes the word I mean to say comes out differently. (When this happens I almost always know it)</p> <p>1 2 3 4 5 N/A</p>	<p>I have difficulty trusting strangers.</p> <p>1 2 3 4 5 N/A</p>
<p>I often have difficulty saying a word I know well.</p> <p>1 2 3 4 5 N/A</p>	<p>Criticism hurts. I feel resentment.</p> <p>1 2 3 4 5 N/A</p>
<p>I feel I have never lived up to my potential.</p> <p>1 2 3 4 5 N/A</p>	<p>I have difficulty following instructions. I can't recall all of the information without rereading or asking again.</p> <p>1 2 3 4 5 N/A</p>

I often interrupt others. I will lose my new thought. It will be forgotten before a convenient pause.

1 2 3 4 5 N/A

People don't like me. I have very few friends. Mostly I am lonely.

(It's not my fault. I gave up trying)

1 2 3 4 5 N/A

I am highly distractible. I need quiet in order to study

1 2 3 4 5 N/A

I am disorganized. I never know what to do first. It's difficult to know where to file things. After carefully filing something I forget where I put it.

(I spend a lot of time looking for it if I can't remember it in the first place)

1 2 3 4 5 N/A

So many other thoughts, interruptions make me slow in completing work.

(I have to work harder than others for completion)

1 2 3 4 5 N/A

I am anxious and/or depressed.

(No one really cares about me)

1 2 3 4 5 N/A

I can leave a task for something else then forget where I was in the first place, or forget what I wanted to do.

(I have a good forgettery)

1 2 3 4 5 N/A

Sometimes I talk too much.

1 2 3 4 5 N/A

I almost always feel restless, like a motor is running inside.

1 2 3 4 5 N/A

I have difficulty with math word problems.

1 2 3 4 5 N/A

I am easily bored.

(Something unrelated steals my attention)

1 2 3 4 5 N/A

I seldom make myself heard.

1 2 3 4 5 N/A

I get angry by frustration, belittlement, others inattention to me or even for no reason.

1 2 3 4 5 N/A

In a restaurant, the noise makes it hard to understand anyone anyone so I rarely talk.

1 2 3 4 5 N/A

I envy lovers. It never happens for me.

1 2 3 4 5 N/A

I sometimes take dangerous chances without thinking about it.

1 2 3 4 5 N/A

My jobs never last. Something always happens that is not my fault.

(I'm just unlucky)

1 2 3 4 5 N/A

I don't know what love is. Others feel things I miss.

1 2 3 4 5 N/A

I wake up tired. It's hard to get out of bed. After arising I often need a pick-me-up. I'm almost always tired.

1 2 3 4 5 N/A

I am a reasonable person but others don't listen to reason.

1 2 3 4 5 N/A

While sleeping, I awaken often. I have trouble getting back to sleep.

(My mind is always busy)

1 2 3 4 5 N/A

I have trouble talking to men/women (the opposite sex) even if I want to.

1 2 3 4 5 N/A

I have frequent headaches - sometimes migraines.

1 2 3 4 5 N/A