



Chiropractic & Nutrition

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## How's Your Brain?

Please read this list of behaviors and rate yourself on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 or a total of 20 or higher indicate a high likelihood of weakness with that brain system.

### Deep Limbic

- 1. Feelings of sadness/crying
- 2. Moodiness
- 3. Negativity
- 4. Low energy
- 5. Irritability
- 6. Decreased interest in others or things usually considered fun
- 7. Feelings of hopelessness about the future
- 8. Feelings of helplessness or powerlessness
- 9. Feeling dissatisfied or bored
- 10. Excessive guilt
- 11. Suicidal feelings
- 12. Sleep changes (too much or too little)
- 13. Appetite changes (too much or too little)
- 14. Low self-esteem
- 15. Forgetfulness
- 16. Poor concentration

Total \_\_\_\_\_

0= never

1= rarely

2= occasionally

3= frequently

4= very frequently

### Basal Ganglia

- 1. Feelings of nervousness or anxiety or rapid heart rate/heart pounding
- 2. Panic attacks or trouble breathing
- 3. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
- 4. Periods of feeling dizzy, faint, or unsteady on your feet
- 5. Periods of nausea or abdominal upset
- 6. Periods of sweating, hot or cold flashes, cold hands
- 7. Tendency to predict the worst
- 8. Fear of dying or doing something crazy/persistent phobias
- 9. Avoidance of public places for fear of having an anxiety attack
- 10. Conflict avoidance
- 11. Low motivation or excessive motivation
- 12. Tics
- 13. Quick startle reaction
- 14. Tendency to freeze in anxiety-provoking situations
- 15. Excessive worry about what others think
- 16. Shyness or timidity

Total \_\_\_\_\_

(see next page for continuation...)

## **Prefrontal Cortex**

- 1. Inability to give close attention to details or avoid careless mistakes
- 2. Trouble sustaining attention in routine situations (home work, chores, paperwork, etc.)
- 3. Trouble listening/easily distracted
- 4. Inability to finish things, poor follow-through
- 5. Poor organization of time or space or planning
- 6. Lack of clear goals or forward thinking
- 7. Difficulty expressing feelings or empathy
- 8. Excessive daydreaming
- 9. Apathy or lack of motivation
- 10. A feeling of spaciness or being “in a fog”
- 11. Restlessness or trouble sitting still or awaiting your turn
- 12. Conflict seeking
- 13. Talking too much or too little
- 14. Interruption of or intrusion on others (e.g., butting into conversations or games)
- 15. Impulsivity (saying or doing things without thinking first)
- 16. Trouble learning from experience; tendency to make repetitive mistakes

Total \_\_\_\_\_

## **Cingulate System**

- 1. Excessive or senseless worrying
- 2. Being upset when things do not go your way
- 3. Being upset when things are out of place
- 4. Tendency to be oppositional or argumentative
- 5. Tendency to have repetitive negative thoughts
- 6. Tendency toward compulsive behaviors
- 7. Intense dislike of change
- 8. Tendency to hold grudges
- 9. Trouble shifting attention from subject to subject
- 10. Difficulties seeing options in situations
- 11. Tendency to hold on to own opinion and not listen to others
- 12. Tendency to get locked into a course of action, whether or not it is good
- 13. Being very upset unless things are done in a certain way
- 14. Perception by others that you worry too much
- 15. Tendency to say no without first thinking about questions
- 16. Tendency to predict negative outcomes

Total \_\_\_\_\_

## **Temporal Lobe**

- 1. Short fuse or periods of extreme irritability
- 2. Periods of rage with little provocation
- 3. Frequent misinterpretation of comments as negative when they are not
- 4. Irritability that tends to build, then explodes, then recedes; person often feels tired after a rage
- 5. Periods of spaciness or confusion
- 6. Periods of panic and/or fear for no specific reason
- 7. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
- 8. Frequent periods of déjà vu (feelings of being somewhere you have never been) or jamais vu (not recalling a familiar place or person)
- 9. Sensitivity or mild paranoia
- 10. Headaches or abdominal pain of uncertain origin
- 11. History of a head injury or family history of violence or explosiveness
- 12. Dark thoughts, such as suicidal or homicidal thoughts
- 13. Periods of forgetfulness
- 14. Memory problems
- 15. Reading comprehension problems
- 16. Preoccupation with moral or religious ideas

Total \_\_\_\_\_

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