

## Part 2: Defining Deficiencies

Answer each question, true or false. At the end of each group, total and record only the number of true responses. These questions are intended to address symptoms that you might be experiencing at this time. Answer the questions in terms of how you feel right now. It does not matter how long you've been experiencing these symptoms, or even if they occurred today for the first time.

**1B**

**T F**

### Memory and Attention

I have trouble paying consistent attention and concentrating.	_____	_____
I need caffeine to wake up.	_____	_____
I cannot think quickly enough.	_____	_____
I do not have a good attention span.	_____	_____
I have trouble getting through a task even when it is interesting to me.	_____	_____
I am slow in learning new ideas.	_____	_____

### Physical

I crave sugar.	_____	_____
I have decreased libido.	_____	_____
I sleep too much.	_____	_____
I have a history of alcohol or drug addiction.	_____	_____
I have recently felt worn out for no apparent reason.	_____	_____
I sometimes experience total exhaustion without even exerting myself.	_____	_____
I have always battled weight problems.	_____	_____
I have little motivation for sexual experiences.	_____	_____
I have trouble getting out of bed in the morning.	_____	_____
I have had a craving for cocaine, amphetamines, or Ecstasy.	_____	_____

### Personality

I feel fine just following others.	_____	_____
People seem to take advantage of me.	_____	_____
I am feeling very down or depressed.	_____	_____
People have told me I am too mellow.	_____	_____
I have little urgency.	_____	_____
I let people criticize me.	_____	_____
I always look to others to lead me.	_____	_____

### Character

I have lost my reasoning skills.	_____	_____
I can't make good decisions.	_____	_____

**Total Number of True Responses**

\_\_\_\_\_

## 2B

### Memory and Attention

I lack imagination.

\_\_\_\_\_

I have difficulty remembering names when I first meet people.

\_\_\_\_\_

I have noticed that my memory ability is decreasing.

\_\_\_\_\_

My significant other tells me I don't have romantic thoughts.

\_\_\_\_\_

I can't remember my friends' birthdays.

\_\_\_\_\_

I have lost some of my creativity.

\_\_\_\_\_

### Physical

I have insomnia.

\_\_\_\_\_

I have lost muscle tone.

\_\_\_\_\_

I don't exercise anymore.

\_\_\_\_\_

I crave fatty foods.

\_\_\_\_\_

I have experimented with hallucinogens or other illicit drugs.

\_\_\_\_\_

I feel like my body is falling apart.

\_\_\_\_\_

I can't breathe easily.

\_\_\_\_\_

### Personality

I don't feel joy very often.

\_\_\_\_\_

I feel despair.

\_\_\_\_\_

I protect myself from being hurt by others by never telling much about myself.

\_\_\_\_\_

I find it more comfortable to do things alone rather than in a large group.

\_\_\_\_\_

Other people get angrier about bothersome things than I do.

\_\_\_\_\_

I give in easily and tend to be submissive.

\_\_\_\_\_

I rarely feel passionate about anything.

\_\_\_\_\_

I like routine.

\_\_\_\_\_

### Character

I don't care about anyone's stories but mine.

\_\_\_\_\_

I don't pay attention to people's feelings.

\_\_\_\_\_

I don't feel buoyant.

\_\_\_\_\_

I'm obsessed with my deficiencies.

\_\_\_\_\_

### Total Number of True Responses

\_\_\_\_\_

## 3B

### Memory and Attention

- I find it difficult to concentrate because I'm nervous. \_\_\_\_\_
- I can't remember phone numbers. \_\_\_\_\_
- I have trouble finding the right word. \_\_\_\_\_
- I have trouble remembering things when I am put on the spot. \_\_\_\_\_
- I know I am intelligent, but it is hard to show others. \_\_\_\_\_
- My ability to focus comes and goes. \_\_\_\_\_
- When I read, I find I have to go back over the same paragraph a few times  
to absorb the information. \_\_\_\_\_
- I am a quick thinker but can't always say what I mean. \_\_\_\_\_

### Physical

- I feel shaky. \_\_\_\_\_
- I sometimes tremble. \_\_\_\_\_
- I have frequent backaches and/or headaches. \_\_\_\_\_
- I tend to have shortness of breath \_\_\_\_\_
- I tend to have heart palpitations. \_\_\_\_\_
- I tend to have cold hands. \_\_\_\_\_
- I sometimes sweat too much. \_\_\_\_\_
- I am sometimes dizzy. \_\_\_\_\_
- I often have muscle tension. \_\_\_\_\_
- I tend to get butterflies in my stomach. \_\_\_\_\_
- I crave bitter foods. \_\_\_\_\_
- I am often nervous. \_\_\_\_\_
- I like yoga because it helps me to relax. \_\_\_\_\_
- I often feel fatigued even when I have had a good night's sleep. \_\_\_\_\_
- I overeat. \_\_\_\_\_

### Personality

- I have mood swings. \_\_\_\_\_
- I enjoy doing many things at one time, but I find it difficult to decide what  
to do first. \_\_\_\_\_
- I tend to do things just because I think they'd be fun. \_\_\_\_\_
- When things are dull, I always try to introduce some excitement. \_\_\_\_\_
- I tend to be fickle, changing my mood and thoughts frequently. \_\_\_\_\_
- I tend to get overly excited about things. \_\_\_\_\_
- My impulses tend to get me into a lot of trouble. \_\_\_\_\_

I tend to be theatrical and draw attention to myself. \_\_\_\_\_  
I speak my mind no matter what the reaction of others may be. \_\_\_\_\_  
I sometimes have fits of rage and then feel terribly guilty. \_\_\_\_\_  
I often tell lies to get out of trouble. \_\_\_\_\_  
I have always had less interest than the average person in sex. \_\_\_\_\_

**Character**

I don't play by the rules anymore. \_\_\_\_\_  
I have lost many friends. \_\_\_\_\_  
I can't sustain romantic relationships. \_\_\_\_\_  
I consider the law arbitrary and without reason. \_\_\_\_\_  
I now consider rules that I used to follow ridiculous. \_\_\_\_\_

**Total Number of True Responses**

**4B**

**Memory and Attention**

I am not very perceptive. \_\_\_\_\_  
I can't remember things that I have seen in the past. \_\_\_\_\_  
I have a slow reaction time. \_\_\_\_\_  
I have a poor sense of direction. \_\_\_\_\_

**Physical**

I have night sweats. \_\_\_\_\_  
I have insomnia. \_\_\_\_\_  
I tend to sleep in many different positions in order to feel comfortable. \_\_\_\_\_  
I always awake early in the morning. \_\_\_\_\_  
I can't relax. \_\_\_\_\_  
I wake up at least two times per night. \_\_\_\_\_  
It is difficult for me to fall back asleep when I am awakened. \_\_\_\_\_  
I crave salt. \_\_\_\_\_  
I have less energy to exercise. \_\_\_\_\_  
I am sad. \_\_\_\_\_

**Personality**

I have chronic anxiety. \_\_\_\_\_  
I am easily irritated. \_\_\_\_\_  
I have thoughts of self-destruction. \_\_\_\_\_  
I have had suicidal thoughts in my life. \_\_\_\_\_  
I tend to dwell on ideas too much. \_\_\_\_\_  
I am sometimes so structured that I become inflexible. \_\_\_\_\_

My imagination takes over.  
Fear grips me.

\_\_\_\_ \_  
\_\_\_\_ \_

**Character**

I can't stop thinking about the meaning of life.  
I no longer want to take risks.  
The lack of meaning in my life is painful to me.

\_\_\_\_ \_  
\_\_\_\_ \_  
\_\_\_\_ \_

**Total Number of True Responses**

\_\_\_\_\_

**RESULTS**

1B (total number of true responses)  
2B  
3B  
4B

Dopamine deficiency  
Acetylcholine deficiency  
GABA deficiency  
Serotonin deficiency

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\_\_\_\_\_

\_\_\_\_\_