

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

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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)	Dopamine deficiency	
2B	Acetylcholine deficiency	
3B	GABA deficiency	
4B	Serotonin deficiency	