



Never 0 1 2 3 4 5 6 7 8 9 10 Often Suddenly Parents

- Realize you have no idea what you have just read
- Problems with concentration
- Problems with attention
- Problems with sequencing
- Problems with prioritizing
- Problems not finishing what you start
- Problems organizing your room, office, paperwork
- You cover up that you don't know what was said or asked of you

**ENERGY**

Never 0 1 2 3 4 5 6 7 8 9 10 Often Suddenly Parents

- Problems with stamina
- Fatigue during the day
- Trouble sleeping at night
- Problems awakening during the night
- Problems falling asleep again

**ACTIVATION/ANXIETY**

Never 0 1 2 3 4 5 6 7 8 9 10 Often Suddenly Parents

- Restlessness
- Irritability
- Day Dreaming
- Worrying
- Always moving
- Cold hands or feet
- Palpitations

**MEMORY**

Never 0 1 2 3 4 5 6 7 8 9 10 Often Suddenly Parents

- Forget what you have just heard
- Forget what you are doing/what you need to do
- Procrastination and lack of initiative
- Problems not learning from experience

**MOVEMENT**

Never 0 1 2 3 4 5 6 7 8 9 10 Often Suddenly Parents

- Problems with paralysis of one or more limbs
- Problems focusing or converging the eyes