

Name: _____

Date: _____

Neurotransmitter Questionnaire

Do any of these apply to your present feelings?

The "O" Group _____ / 9

- My life seems incomplete.
- I feel shy with all but my close friends.
- I have feelings of insecurity.
- I often feel unequal to others.
- When things go right, I might feel undeserving.
- I feel something is missing in my life.
- I occasionally feel a low self-worth or esteem.
- I feel inadequate as a person.
- I frequently feel unexplained fear.

The "G" Group _____ / 9

- I often feel anxious for no reason.
- I sometimes feel "free-floating" anxiety.
- I frequently feel "edgy", it's difficult to relax.
- I often feel a "knot" in my stomach.
- Falling asleep is sometimes difficult for me.
- It's hard to turn my mind off to relax.
- I occasionally experience panic for no reason.
- I often use alcohol or other sedatives to calm down
- I often have stiff tense muscles, feel stressed and burned out, overwhelmed.

The "D" Group _____ / 7

- I lack pleasure in life.
- I feel there are no real rewards in life.
- I have unexplained lack of concern for others, even loved ones.
- I experience decreased parental feelings.
- Life seems less "colorful" of "flavorful" than it used to.
- Things that used to be fun are no longer enjoyable
- I have become less spiritual or socially concerned,

The "N" Group _____ / 9

- I suffer from a lack of energy.
- I often find it difficult to "get going".
- I suffer from decreased drive.
- I often start projects and then don't finish them.
- I frequently feel a need to sleep or "hibernate".
- I feel depressed a good deal of the time.
- I occasionally feel paranoid.
- My survival seems threatened.
- I am bored a great deal of the time.

The "S" Group _____ / 22

- It's hard for me to go to sleep
- I can't stay asleep.
- I often find myself irritable.
- My emotions often lack rationality.
- I occasionally experience unexplained tears.
- Noise bothers me more than it used to.
- I "flare up" at others more easily than I used to.
- I experience unprovoked anger.
- I find I am more susceptible to pain.
- I prefer to be left alone.
- I have negativity.
- I worry a lot.
- I have "anxiety"
- I get low self esteem.
- I get afternoon or evening cravings.
- I have TMJ.
- I sometimes get a panic feeling.
- I have phobias.
- I get the winter blues.
- I have heat intolerance.
- I sometimes get obsessive thoughts/behaviors.
- I feel depressed much of the time.