

Subject's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Completed by: \_\_\_\_\_ Relationship to subject: \_\_\_\_\_

**Directions: Check the box which best describes the person**

	<i>Never</i>	<i>Just a little</i>	<i>Often</i>	<i>Very Often</i>
1. A sense of underachievement, of not meeting one's goals (regardless of how much one has actually accomplished).				
2. Difficulty getting organized.				
3. Chronic procrastination or trouble getting started.				
4. Many projects going simultaneously; trouble with follow-through.				
5. Tendency to say what comes to mind without necessarily considering the timing or appropriateness of the remark.				
6. A frequent search for high stimulation.				
7. An intolerance of boredom.				
8. Easily distracted, trouble focusing attention, tendency to tune out or drift away in the middle of a page or a conversation often couple with an ability to hyperfocus at times.				
9. Often creative, intuitive, highly intelligent.				
10. Trouble going through established channels, following "proper" procedure.				
11. Impatient; low tolerance for frustration.				
12. Impulsive, either verbally or in actions, as in impulsive spending of money, changing plans, enacting new schemes or career plans, etc.				
13. Tendency to worry needlessly; tendency to scan the horizon for something to worry about, alternating with inattention to or disregard for actual danger.				
14. Sense of insecurity.				
15. Mood swings, moodiability, often in the space of a few hours and for no apparent reasons.				
16. Restlessness such as pacing, drumming of fingers, shifting position while sitting, leaving a table or room frequently, feeling edgy while at rest.				
17. Tendency toward addictive behaviors such as alcohol or cocaine, or to an activity such as gambling, or eating or overwork.				
18. Chronic problem with self-esteem.				
19. Inaccurate self-observation or not accurately gauging the impact they have on others.				
20. Family history of ADD or manic-depressive illness or depression or substance abuse or other disorders of impulse control of mood.				

Total:

**HOW TO SUBMIT THIS FORM: Save to your computer and then send as an email attachment.**