

BRAIN-BASED THERAPY

HISTORY FOR ADULTS & CHILDREN

Rate these questions from 0-4

0=never

1=rare

2=occasional

3=often

4=always

Miss the gist of a story or last to get a joke

Tend to write very small

Very good at finding mistakes

Difficulty remaining seated when expected

Difficulty remembering where things are

Good memory for directions

Difficulty understanding body language

Difficulty understanding humor and metaphors

Act compulsively

Difficulty with word problems

Difficulty following through or finishing things

Good reading comprehension

Hyperactive-move excessively

Blurts out thoughts and answers to questions

Able to predict what others will do

BRAIN-BASED THERAPY

Feel fearful and anxious

Trouble sustaining attention in routine situations

Understand the 'big picture' of words/phrases

Able to "read between the lines"

Appropriate social behavior and responses

Able to focus

Easily distracted by ordinary insignificant things

Able to speak without sounding monotone

Able to cry or be spontaneous

Irregular heart rate (fast or slow)

Difficulty changing a set behavior

Tend to lose focus on visual tasks

Start things, but don't finish

Empathetic-sensitive to other's feelings

Lost in thought, unreachable, "zoned out"

Eye contact poor, not as expected

Reacts well to new circumstances

Speech sounds monotone

Appropriate social behavior

Adopts complicated rituals

BRAIN-BASED THERAPY

Collects particular things

Corrects imperfections

Draws only certain things

Fixated on one topic

Lines up objects precisely

Lines things in neat rows

Repeats old phrases, sentences

Play is repetitive, very predictable

Upset if things change

Insists on what is wanted

Likes looking at fans

Likes flickering lights

Tends to write very large

Difficulty seeing patterns

Draws accurate pictures

Difficulty with geometry, algebra

Unusually good memory

Upset if things change

Upset if things aren't "right"

Silly, inappropriate laughing/giggling

BRAIN-BASED THERAPY

Watches television for a long time

Plays on computer for a long time

Difficulty modeling someone's behavior but if told how to do something can do it.

Difficulty reading

Fatigue while reading

Appears to be depressed

Stumbles over words (get worse with fatigue)

Difficulty making decisions, judgements

Uses one word for another

Irregular heart rhythm (skipped beats, fluttering)

Penmanship gets worse as continues to write

Teeth grinding

Tics

Complains to muscle cramps

Restless legs

Tremors

Bites or chews fingers

Bites wrist or back of hands, or arms

Obsessive thoughts

BRAIN-BASED THERAPY

Gets stuck on a behavior

Gets song stuck in head

Panic attacks

Poor handwriting

Low motivation

Excessive motivation

Quick startle reaction

Persistent phobias

Easily embarrassed

Easily sweats

Hot or cold flashes / hot or cold hands

Feelings on nervousness or anxiety

Tremors / Shakiness

Heart pounding, rapid heart rate, chest pain

Troubled breathing or feelings of being smothered

Avoidance of public places from fear of anxiety

Periods of nausea and stomach upset

Tendency to predict the worst

Fear of being judged or scrutinized

Excessive worrying about what others think

Tendency to freeze in anxiety provoking situations

BRAIN-BASED THERAPY

Poor sense of smell

Mild paranoia

Memory problems

Periods of forgetfulness

Spaciness or confusion

Periods of panic

Frequent misinterpretation of comments as negative when they are not

Auditory or visual hallucinations

Sudden fear, anger or sexual feelings

History or family violence or explosiveness

Short fuse or periods of extreme irritability

Periods of rage without provocation

Dark thoughts or thoughts of suicide, homicide

Preoccupation with moral or religious ideas

Reading comprehension problems

Irritability that tends to build, then explode

ringing in the ears

Feelings of Sadness

Moodiness

Negativity

BRAIN-BASED THERAPY

Low energy

Irritability

Suicidal Feelings

Low Self Esteem

Forgetfulness

Face, lip movements or noises

Feelings of hopelessness about the future

Feelings of helplessness or powerlessness

Feeling dissatisfied or bored

Excessive guilt

Crying easily

Lowered Interest in things considered fun

Appetite changes

Very sensitive to smells and odors

Letters seen backwards

Difficulty counting, calculating

Child has difficulty understanding how he/she feels

Without looking, have difficulty knowing “where” in space foot or hand is.

Report odd sensations (bugs crawling, tingling, burning, etc.)

Get claustrophobic, tunnel vision, or feeling that the world is closing in.

BRAIN-BASED THERAPY

Have difficulty understanding how others feel

Gets surprised by things coming from the left side (more than one opposite side)

Difficulty with “spatial” skills

Difficulty with word problems in math

Difficulty getting dressed
Difficulty reading people’s facial expressions

Difficulty interpreting emotional content of a verbal conversation

Confusion between right and left

Fearful of harmless objects

Fearful of unusual events

Unaware of danger

Unaware of self as a person

Very sensitive to pain

Insensitive to pain

Climbs to high places

Likes to be held upside down

Likes to be swung in air

Whirls self like a top

Toe walking

Bothered by certain sounds

BRAIN-BASED THERAPY

Hearing loss

Likes certain sounds

Sensitive to loud noise

Sounds seems painful

Covers ears with sounds

Likes to make loud noises with voice

Bothered by bright lights

Blinking

Examine by smell, sniff things

Licks things, put things in mouth

Examines things by sight

Light is “claming”

Fails to blink at bright light

Daytime sleepiness

Sleeps less than normally expected

Sleeps more than normally expected