Arousal Regulation Checklist.	*Place a checkmark by each item/symptom that you experience.*

Attention

☐ ADD (inattentive subtype) ☐ Inattention ☐ Daydreaming ☐ Poor Concentration ☐ Lack of Motivation	☐ ADHD ☐ Hyperactivity after Sugar ☐ Hyperactivity after Sedatives ☐ Overwhelmed by Stimuli ☐ Hard to make decisions (executive function) ☐ Disorganized	☐ Impulsivity ☐ Distractibility ☐ Stimulus Seeking ☐ Thrill Seeking ☐ Competing Thoughts, Too many thoughts

Sleep

☐ Night Sweats ☐ Frequent Waking During Night (without agitation) ☐ Sleeping Lightly ☐ Sleeping Too Much ☐ Sleep Apnea ☐ Snoring ☐ Not rested after sleep ☐ Waking Early ☐ Difficulty Falling Asleep (mind quiet)	☐ Night Terrors ☐ Nocturnal myoclonus (jerking or moving while asleep) ☐ Sleepwalking ☐ Sleep talking ☐ Narcolepsy ☐ Too busy to sleep ☐ Night sweats ☐ Bed wetting ☐ Sleep paralysis when awakening: still dreaming when awake	☐ Difficulty falling asleep (mind busy) ☐ Hot flashes during sleep ☐ Physically restless sleep ☐ Nightmares ☐ Grinding teeth ☐ Restless leg syndrome ☐ Vivid dreams ☐ Clenching jaw ☐ Waking with agitation ☐ Vigilant sleep

Emotional and Behavioral Symptoms

☐ Anxiety (worry) ☐ Depression (blue, low, helpless, hopeless) ☐ Irritability ☐ Feelings easily hurt ☐ Perfectionist ☐ Remorseful after tantrums ☐ Cries easily (feelings hurt) ☐ Rumination ☐ Guilt ☐ Withdraws when stressed ☐ Passive ☐ Wishes was dead ☐ Grumpy ☐ Thinks little of self ☐ Performance anxiety ☐ Shy ☐ Seasonal affective disorder ☐ Fidgets ☐ Whining ☐ Tired, listless ☐ Obsessive thoughts	☐ Binge eating ☐ Anorexia ☐ Bulimia ☐ Panic attacks ☐ Encopresis (soiling) ☐ Irritable Bowel Syndrome ☐ Bipolar Disorder ☐ DID ☐ BPD ☐ PTSD ☐ Developmental Trauma ☐ Rage ☐ Antisocial Personality	☐ Anxiety (fear) ☐ Depression (agitated) ☐ Agitation ☐ Mania ☐ Paranoia ☐ Suicidal Ideation & Behaviors ☐ Shame ☐ Compulsive Behavior ☐ Involuntary movement or tics ☐ Impatient ☐ Aggressive , initiates conflict ☐ Jealous/envious ☐ Angry ☐ Lacks Remorse ☐ Hates self ☐ Dissociative ☐ Exhausted ☐ Lacks empathy ☐ Lacks cause-and effect thinking ☐ Manipulative, controlling ☐ Holds a grudge ☐ Poor comprehension and expression of emotions ☐ Lacks body awareness (pain, appetite, discomfort) ☐ High pain threshold ☐ Loud, unmodulated voice ☐ Poor eye contact ☐ Poor social awareness ☐ Autistic Syndromes ☐ Humorless ☐ Road Rage ☐ Hair pulling ☐ Nail biting ☐ attachment disorder ☐ developmental trauma

Cognitive Symptoms

- dyslexia
- indecisiveness
- poor word fluency
- poor sequential processing
- poor sequential planning
- poor reading comprehension
- difficulty decoding words
- poor arithmetic calculation

- non verbal learning disabilitys
- poor spelling
- poor visual-spatial skills
- poor sense of self in space
- poor tracing during reading
- monotone
- poor drawing
- loud voice
- poor handwriting
- poor sense of disrection
- poor fine motor skills
- poor math concepts
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Pain Symptoms

- Chronic Pain with depression
- chronic aching pain
- tension headaches
- low pain threshold

- fibromyalgia
- Reflex Sympathetic Dystrophy
- Trigeminal neuralgia
- Migraine
- Headaches
- Jaw Tension
- Motion Sickness

- Chronic Buring pain
- chronic throbbing pain
- chronic stabbing pain
- sciatic pain
- high pain threshold
- peripheral neuropathy pain
- emotional reactivity to pain
- reflux

Neurological and Motor Symptoms

- Left brain seizures
- left brain stroke
- left brain tbi
- right body paralysis
- urinary incontinence

- generalized seizures
- absence seizures
- grand mal seizures
- temporal lobe epilepsy
- TBU with brainstem injury
- vertigo
- tinnitus
- motion sickness
- tics

- Right brain partial seizures
- right brain stroke
- right brain TBI
- left body paralysis
- spacticity
- tremor
- poor balance
- poor coordination
- nervous habits/laugh
- hiccups
- reflux

Immune, Endocrine and ANS Symptoms

- Sugar Craving
- Immune Deficiency
- Low Thyroid Function
- PMS – irritability, insomnia, sugar cravings, cramps, pain
- Postpartum depression
- insomnia
- intolerant of alcohol or other sedative drugs

- hypertension
- hypotension
- incontinence
- severe PMS (migraines, mood swings)
- Chronic fatigue
- IBS
- Autoimmune disorders: Lupus, RA, Crohn's , MS
- Intolerant of Coffee, stimulants, many medications
- Multiple chemical sensitivities
- asthma

- irregular menstrual periods
- racing thoughts
- mania
- PMS- agitation, mania, rages, racing thoughts
- skin allergies, eczema
- pounding racing heart, constipation
- heart palpitations