



The Balanced Brain

Find all that apply and rank on a 1-10 scale

Blank= No Problem

1= Small Problem

10= Very Impactful

Symptom Rating Scale

1. SLEEP

TEETH GRINDING		DIFFICULTY FALLING ASLEEP	
DIFFICULTY MAINTAINING SLEEP		DIFFICULTY WAKING	
DISREGULATED SLEEP CYCLE		NARCOLEPSY	
NIGHT SWEATS		NIGHT TERRORS	
NIGHTMARES OR VIVID DREAMS		BED WETTING	
PERIODIC LEG MOVEMENTS		RESTLESS LEG	
RESTLESS SLEEP		SLEEP APNEA	
SLEEP WALKING		SNORING	
TALKING DURING SLEEP			

2. ATTENTION AND LEARNING

DIFFICULTY COMPLETING TASKS		DIFFICULTY FOLLOWING DIRECTIONS	
DIFFICULTY MAKING DECISIONS		DIFFICULTY ORGANIZING PERSONAL TIME AND SPACE	
DIFFICULTY REMEMBERING NAMES		DIFFICULTY SHIFTING ATTENTION	
DIFFICULTY SHIFTING TASKS		DIFFICULTY THINKING CLEARLY	
DIFFICULTY UNDERSTANDING CONVERSATIONS		DISTRACTIBILITY	
LACK OF ALERTNESS		LACKING COMMON SENSE	
MESSY HANDWRITING		NOT LISTENING	
POOR CONCENTRATION		POOR DRAWING ABILITY	
POOR MATH		POOR SHORT-TERM MEMORY	
POOR SUSTAINED ATTENTION		POOR VERBAL EXPRESSION	
POOR VOCABULARY		POOR WORD FINDING	
READING DIFFICULTY		SLOW THINKING	
UNMOTIVATED			

3. SENSORY

AUDITORY HYPERSENSITIVITY		CHEMICAL SENSITIVITIES	
MOTION SICKNESS		POOR BODY AWARENESS	
SOMATOSENSORY DEFICITS		TACTILE HYPERSENSITIVITY	
TINNITUS		VERTIGO	
VISUAL DEFICITS		VISUAL HYPERSENSITIVITY	

4. BEHAVIORAL

ADDICTIVE BEHAVIORS	AGGRESSIVE BEHAVIOR	
ANOREXIA	AUTISTIC STIMMING	
BINGING AND PURGING	CLASS CLOWN	
COMPULSIVE BEHAVIORS	COMPULSIVE EATING	
CRYING	EXCESSIVE TALKING	
HYPERACTIVITY	IMPULSIVITY	
INFLEXIBILITY	LACK OF APPETITE AWARENESS	
LACK OF SENSE OF HUMOR	LACK OF SOCIAL INTEREST	
MANIPULATIVE BEHAVIOR	MOTOR OR VOCAL TICS	
NAIL BITING	OPPOSITIONAL OR DEFIANT BEHAVIOR	
POOR EYE CONTACT	POOR GROOMING	
POOR SOCIAL/EMOTIONAL RECIPROCITY	POOR SPEECH ARTICULATION	
RAGES	SELF INJURIOUS BEHAVIOR	
STUTTERING		

5. EMOTIONAL

AGITATION	ANGER	
ANXIETY	DEPRESSION	
DIFFICULT TO SOOTHE	DISASSOCIATIVE EPISODES	
EASILY EMBARRASSED	EMOTIONAL REACTIVITY	
FEARS	FEELING OF UNREALITY	
FLASHBACKS OF TRAUMA	IMPATIENCE	
IRRITABILITY	LACK OF EMOTIONAL AWARENESS	
LACK OF PLEASURE	LACK OF SOCIAL AWARENESS	
LOW SELF-ESTEEM	MANIA	
MOOD SWINGS	OBSESSIVE NEGATIVE THOUGHTS	
OBSESSIVE WORRIES	PANIC ATTACKS	
PARANOIA	SUICIDAL THOUGHTS	

6. PHYSICAL

ALLERGIES		ASTHMA	
CHRONIC CONSTIPATION/DIARRHEA		CLUMSINESS	
DIFFICULTY WALKING OR MOVING		DIFFICULTY WORKING	
EFFORT FATIGUE		FECAL SOILING	
FATIGUE		HEART PALPITATIONS	
HIGH BLOOD PRESSURE		HOT FLASHES	
IMMUNE DEFICIENCY		IRRITABLE BOWEL	
LOW MUSCLE TONE		MUSCLE TENSION	
MUSCLE TWITCHES		MUSCLE WEAKNESS	
NAUSEA		PMS SYMPTOMS	
POOR BALANCE		POOR FINE MOTOR COORDINATION	
POOR GROSS MOTOR COORDINATION		REFLUX	
RIGIDITY		SEIZURES	
SKIN RASHES		SPASTICITY	
STRESS INCONTINENCE		SUGAR CRAVING AND REACTIVITY	
SWEATING		TACHYCARDIA	
TREMOR		URGE INCONTINENCE	

7. PAIN

ABDOMINAL PAIN		CHRONIC ACHING PAIN	
CHRONIC NERVE PAIN		FIBROMYALGIA	
JAW PAIN		JOINT PAIN	
MIGRAINE HEADACHES		MUSCLE PAIN	
MUSCLE TENSION HEADACHES		SCIATICA	
SINUS HEADACHES		STOMACH ACHES	
TRIGEMINAL NEURALGIA			