



## Adult Mind Questionnaire

### HomeopathicVibes

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*(Please answer all questions carefully and honestly as possible)*

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **Sex** \_\_\_\_\_

**1. At home and school I find my mind wandering from tasks that are uninteresting or difficult.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**2. I find it difficult to read written material unless it is very interesting or very easy.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**3. Especially in groups, I find it hard to stay focused on what is being said in conversations.**

- Not at all
- Just a little

- Somewhat
- Moderately
- Quite a lot
- Very much

**4. I have a quick temper... a short fuse.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**5. I am irritable, and get upset by minor annoyances.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**6. I say things without thinking and later regret having said them.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**7. I make quick decisions without thinking enough about their possible bad results.**

- Not at all
- Just a little
- Somewhat
- Moderately

- Quite a lot
- Very much

**8. My relationships with people are made difficult by my tendency to talk first and think later.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**9. My moods have highs and lows.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**10. I have trouble planning in what order to do a series of tasks or activities.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**11. I easily become upset.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**12. I seem to be thin skinned and many things upset me.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**13. I almost always am on the go.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**14. I am more comfortable when moving than when sitting still.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**15. In conversations, I start to answer questions before the questions have been fully asked?**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**16. I usually work on more than one project at a time, and fail to finish many of them.**

- Not at all
- Just a little

- Somewhat
- Moderately
- Quite a lot
- Very much

**17. There is a lot of “static” or “chatter” in my head.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**18. Even when sitting quietly, I am usually moving my hands or feet.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**19. In group activities it is hard for me to wait my turn.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**20. My mind gets so cluttered that it is hard for it to function.**

- Not at all
- Just a little
- Somewhat
- Moderately

- Quite a lot
- Very much

**21. My thoughts bounce around as if my mind is a pinball machine.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**22. My brain feels as if it is a television set with all the channels going at once.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**23. I am unable to stop daydreaming.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**24. I am distressed by the disorganized way my brain works.**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**25. I am satisfied with my needs(income) and resources?**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**26. I am satisfied with my health in general?**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

**27. I am satisfied with my relationship with my spouse, kids and relatives?**

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

Completed by \_\_\_\_\_ Time \_\_\_\_\_ Place \_\_\_\_\_