

# Neurotransmitter Survey

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Please check each of the sentences below that applies to you:**

## Part I

- Your life seems incomplete
  - You feel shy with all but your closest friends
  - You have feelings of insecurity
  - You often feel unequal to others
  - When things go right, you feel undeserving
  - You feel something is missing in your life
  - You occasionally feel a low self-worth or self-esteem
  - You feel inadequate as a person
  - You frequently feel fearful when there is nothing to fear
- 

## Part II

- You often feel anxious for no reason
  - You sometimes feel “free-floating” anxiety
  - You frequently feel “edgy” and it’s difficult to relax
  - You often feel a “knot” in your stomach
  - Falling asleep is sometimes difficult
  - It’s hard to turn your mind off when you want to relax
  - You occasionally experience feelings of panic for no reason
  - You often use alcohol or other sedatives to calm down
- 

## Part III

- You lack pleasure in your life
- You feel there are no real rewards in life
- You have unexplained lack of concern for others, even loved ones
- You experience decreased parental feelings
- Life seems less “colorful” or “flavorful”
- Things that used to be “fun” just aren’t any longer
- You have become a less spiritual or socially concerned person

#### Part IV

- You suffer from a lack of energy
  - You often find it difficult to “get going”
  - You suffer from decreased drive
  - You often start projects and then don’t finish them
  - You frequently feel a need to sleep or “hibernate”
  - You feel depressed a good deal of the time
  - You occasionally feel paranoid
  - Your survival seems threatened
  - You are bored a great deal of the time
- 

#### Part V

- It’s hard for you to go to sleep
  - You can’t stay asleep
  - You often find yourself irritable
  - Your emotions often lack rationality
  - You occasionally experience unexplained tears
  - Noise bothers you more than it used to; it seems louder than normal
  - You flare up at others more easily than you used to; you experience unprovoked anger
  - You feel depressed much of the time
  - You find you are more susceptible to pain
  - You prefer to be left alone
-