Completed Date:

0 = None 1= Mild 2 = Moderate 3 = Severe

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1	jn 0	jn 1	jn 2	j'n 3	I have trouble filtering out background noises.
2	jn O	jn 1	jn 2	jm 3	I find it difficult to add numbers in my head.
3	jn O	jn 1	jn 2	jn 3	I forget what I (did) had to eat the day before.
4	jn O	jn 1	jn 2	jn 3	I have difficulty remembering a phone number long enough to dial it.
5	jn O	jn 1	jn 2	jn 3	I have trouble remembering names.
6	jn O	jn 1	jn 2	jn 3	I find myself wandering while in conversation.
7	jn O	jn 1	jn 2	jn 3	I have difficulty paying attention to a boring presentation.
8	jn O	jn 1	jn 2	jn 3	I have a short attention span.
9	jn O	jn 1	jn 2	jn 3	I rigidly stick to the same solution.
10	jn O	jn 1	jn 2	jn 3	I have difficulty with multitasking.
11	jn O	jn 1	jn 2	jn 3	I am easily distracted.
12	jn O	jn 1	jn 2	jn 3	I find myself frequently saying things that shock others.
13	jn O	jn 1	jn 2	jn 3	I have trouble controlling my emotions.
14	jn O	jn 1	jn 2	jn 3	I often blurt out things you later regret saying.
15	jn O	jn 1	jn 2	jn 3	I have to re-read a paragraph several times before it sinks in.
16	jn O	jn 1	jn 2	jn 3	I have uncontrollable episodes of anger.
17	jn O	jn 1	jn 2	jn 3	I get stuck on ideas, thoughts or behaviors.
18	jn O	jn 1	jn 2	jn 3	I have trouble finding my car in the parking lot.
19	jn O	jn 1	jn 2	jn 3	I get lost easily in buildings or malls.
20	jn O	jn 1	jn 2	jn 3	I feel aware of everything going on around me all the time.
21	jn O	jn 1	jn 2	jn 3	I ruminate over my To Do List constantly.
22	jn O	jn 1	jn 2	jn 3	I worry constantly.
23	jn O	jn 1	jn 2	jn 3	I have panic attacks.
24	jn O	jn 1	jn 2	jn 3	I feel depressed.
25	jn O	jn 1	jn 2	jn 3	I feel disorganized all the time.
26	jn O	jn 1	jn 2	jn 3	I feel generally unmotivated and apathetic.
27	jn O	jn 1	jn 2	jn 3	I have insomnia.
28	jn O	jn 1	jn 2	jn 3	I reverse letters (dyslexia).

29	jn 0	jn 1	jn 2	jm 3	I have trouble doing math.
30	jn 0	jn 1	jn 2	jn 3	I have a sensitivity to light and noises.
31	jn 0	jn 1	jn 2	jn 3	I have poor handwriting.
32	jn 0	jn 1	jn 2	jn 3	I feel spacey or out of my body.
33	jn 0	jn 1	jn 2	jn 3	I have trouble reading people's faces correctly.
34	jn 0	jn 1	jn 2	jn 3	I feel restless or agitated.
35	jn 0	jn 1	jn 2	jn 3	I feel manic.
36	jn 0	jn 1	jn 2	jn 3	I think obsessively.
37	jn 0	jn 1	jn 2	jn 3	I feel like a victim.
38	jn 0	jn 1	jn 2	jn 3	I have trouble shifting my attention.
39	jn 0	jn 1	jn 2	jn 3	I have difficulty organizing information.
40	jn 0	jn 1	jn 2	jn 3	I have difficulty recognizing people's faces.
41	jn 0	jn 1	jn 2	jn 3	I speak in a monotone.
42	jn 0	jn 1	jn 2	jn 3	I have trouble remembering the sequence of past events.
43	jn 0	jn 1	jn 2	jn 3	I have difficulty with categorization.
44	jn 0	jn 1	jn 2	jn 3	I have difficulty focusing on an idea.
45	jn 0	jn 1	jn 2	jn 3	I talk Constantly.
46	jn 0	jn 1	jn 2	jn 3	I feel like I am on an emotional rollercoaster.
47	jn O	jn 1	jn 2	jm 3	I have to frequently develop special strategies to get my way.

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