



Lower Brain Assessment for Adults

Since two different people each go through this checklist *separately*, you will need to print two copies of it.

If the directions refer to Person #1, that is going to be you. If the directions refer to Person #2, that is going to be the person you've chosen to also do this assessment of you.

Note that Person #1 does not have to do the behavior all the time in order to mark a circle.

Step 1

Person #1: Mark the circle if the description applies to you.

Person #2: Mark the circle if you've observed the behavior in Person 1.

- | | |
|--|--|
| <input type="radio"/> Has difficulty staying on task | <input type="radio"/> Has no sense of feeling full after eating |
| <input type="radio"/> Seeks ways to move | <input type="radio"/> Has no interest in eating |
| <input type="radio"/> Zones out at times | <input type="radio"/> Has difficulty waking up in the morning |
| <input type="radio"/> Likes to rock in a chair | <input type="radio"/> Has difficulty sleeping |
| <input type="radio"/> Has no sense of direction | <input type="radio"/> Is tired (much of the time) |
| <input type="radio"/> Grips a pencil tightly | <input type="radio"/> Has trouble processing what people are saying |
| <input type="radio"/> Has poor handwriting | <input type="radio"/> Quits whenever something doesn't go as expected |
| <input type="radio"/> Dislikes light touch | <input type="radio"/> Has difficulty tolerating a feeling of discomfort |
| <input type="radio"/> Dislikes cuddling | <input type="radio"/> Likes to have everything in order |
| <input type="radio"/> Avoids placing hands in messy substances | <input type="radio"/> Engages in heated discussions on a regular basis |
| <input type="radio"/> Places hands in pockets (often) | <input type="radio"/> Has poor organization skills |
| <input type="radio"/> Has sensitivity to fabrics and tags | <input type="radio"/> Gets motion sickness |
| <input type="radio"/> Has sensitivity to certain textures of food | <input type="radio"/> Avoids confrontation |
| <input type="radio"/> Loses place when reading | <input type="radio"/> Has panic attacks |
| <input type="radio"/> Has poor reading comprehension | <input type="radio"/> Is anxious over trivial matters |
| <input type="radio"/> Has to reread text several times to understand it | <input type="radio"/> Displays irrational, aggressive behavior |
| <input type="radio"/> Dislikes reading | <input type="radio"/> Has a sense of never excelling at anything |
| <input type="radio"/> Dislikes writing | <input type="radio"/> Is easily overwhelmed |
| <input type="radio"/> Demonstrates inconsistent behavior | <input type="radio"/> Avoids physical activities |
| <input type="radio"/> Demonstrates inconsistent quality of work | <input type="radio"/> Avoids eye contact |
| <input type="radio"/> Resists things that are new and different | <input type="radio"/> Is always on the go (just can't relax) |
| <input type="radio"/> Has difficulty making transitions | <input type="radio"/> Likes chewing on something (including gum) |
| <input type="radio"/> Taps pens (or pencils) a lot | <input type="radio"/> Starts tasks but doesn't usually finish them |
| <input type="radio"/> Taps feet a lot | <input type="radio"/> Has a sense of working harder than others to get the same results |
| <input type="radio"/> Asks people to frequently repeat what they just said | <input type="radio"/> Tilts head slightly to the side when conversing or reading or writing |
| <input type="radio"/> Can't focus on what's being said if there's background noise | <input type="radio"/> Has difficulty letting go of a thought (e.g. still upset days later over a minor incident) |
| <input type="radio"/> Engages in road rage | |

Part 2

Person 1: Mark the circle if anyone has ever said any of these comments to you.

Person 2: Mark the circle if you or others have ever said any of these comments to Person 1.

- You're a perfectionist.
- You get so defensive.
- You're high maintenance.
- You're so uptight.
- You have an addictive personality.
- You're impulsive.
- You're unreliable.
- You're awfully clumsy.
- You're so indecisive.
- You procrastinate a lot.
- You need to stand up for yourself.
- You worry too much.
- You're lazy.
- You're an underachiever.
- You don't handle stress very well.
- You have a low threshold for stress.
- That's pretty distorted thinking.
- People have to walk on eggshells whenever they approach you on something.
- You don't always process (accurately) what was said or presented in written materials.
- You're a quitter (or "You don't stick with anything").

Part 3

Person 1: Mark the circle if the sentence is true for you.

Person 2: Mark the circle if you've observed the sentence to be true for Person 1.

- I've tried various other approaches (including taking medications) to attempt to eliminate unwelcome behavior, but nothing seemed to yield significant of results.
- I've noticed a worsening of unwelcome behavior after one or more of the following: pregnancy, menopause, a serious illness, a death in the family, or some other significant life event.
- I've noticed a worsening of unwelcome behavior as I continue to age.
- I have distorted fears (i.e. other people would raise their eyebrows and go, "You're afraid of that??").

Score the assessment.

Person 1: Count each marked circle. Write the total on this line _____

Person 2: Count each marked circle. Write the total on this line _____

Compare scores. If there is a difference in the totals, add the two together. Divide by two to arrive at your average score. Write that number on this line for your final score. _____

Interpreting Your Score

0 points

This reflects a very well-organized brain.

1-4 points

All in all, this score suggests a fairly well-organized brain . . . unless one of your marked areas is significantly impacting your life (e.g. panic attacks). In such case, you may just be compensating well in other areas or successfully *avoiding* whatever would cause you problems.

5-9 points

This score shows some degree of a disorganized brain. However, since the number is not that high, you probably compensate well enough—most of the time—until there may be too much stress all at once.

Over 10 points

This suggests a notably disorganized brain. It also reflects that your cortex is working way too hard to compensate for missing automatic brain functions. The higher the number is past 10, the greater probability of more underdevelopment of the lower brain. For example, a person with just 10% of his pons developed is going to have a much more difficult time compensating (so we'll see more signs of a disorganized brain) than someone who already has 50% of that development complete.