Biological Unhappiness - Screening Test

The purpose of this questionnaire is to act as an initial screening for diagnoses that can cause Biological Unhappiness. The absence or presence of any symptom(s) does not mean a diagnosis is present or absent. After each section the diagnosis commonly associated with those symptoms is indicated.

Questions

If the answer is YES for your entire life (either since early childhood or puberty, and ever since), place a check next to symptoms that may fit you.

- _____ Is everything at home and work (or school) in unfinished piles?
- _____ Do you have a long-standing history of not being able to stay on task?
- _____ Are you easily distractible?
- _____ Do you seem to alternate between not staying focused and being so focused that a bomb could go off without you noticing it?

(Attention Deficit Disorder)

- _____ Do you have a history of feeling really great and then getting yourself in trouble because of feeling so great (and being somewhat out of control and feeling invincible)?

(Bipolar Disorder)

- _____ Are you moody?
- _____ Are you angry all the time, with spells of rage?
- _____ Are you empty and bored even doing something you enjoy?
- _____ Do you get paranoid under stress?

(Borderline Personality Disorder - BPD)

- _____ Do you have ups and downs that you can virtually plan on?
- _____ Are there times every month when you just can't function (not including PMS)?

(Cyclothymic Disorder)

- _____ Are you oversensitive to rejection and criticism?
- _____ Has it always seemed that others find it easy to be happy and you don't?
- _____ Have you spent most of your life between not quite depressed and not quite happy?

("Fractured Enjoyment")
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Questions Continued

• ___ Are you a perfectionist to the point where it keeps you from getting things done?
• ___ Are you a pack rat?
• ___ Do you have trouble trusting other people to do things because you're sure they'll mess it up?

(Obsessive Compulsive Personality Disorder - OCPD)

• ___ Do you obsess about something to the point where it interferes with your life?
• ___ Do you have any ritual behaviors that you can't stop, like washing your hands too much, checking the door lock too much, counting things, etc.?

(Obsessive Compulsive Disorder - OCD)

• ___ Are you nervous more than you are not?
• ___ Do you always feel scared?
• ___ Does your mind never shut off, and has been that way since you were a child?
• ___ Did Prozac make you feel very hyper and/or ill?

(Generalized Anxiety Disorder - GAD)

EITHER RECENTLY OR FOR YOUR ENTIRE LIFE:

• ___ Do you get a sense of impending doom, like everything is going to crash down on you, like you're going to choke, or you're going to die?

• ___ Do you spend much of your time afraid you're going to feel that way again?

(Panic Disorder)