



# MEMGRAM<sup>®</sup> S-CRISIS QUESTIONNAIRE

Rate each statement 0-5 according to the intensity of how you have recently felt.

0=Never 1=Rarely 2=Occasionally 3=Regularly 4=Often 5=Very Often

- \_\_\_\_\_ 1. I am aggressive or push myself too hard or usually get my way or am protective or overreact.
- \_\_\_\_\_ 2. I am sensitive or my heart is broken or I am denied love or life is not worth living or feel rejected.
- \_\_\_\_\_ 3. I hold grudges or have feuds or blame others or others irritate me or I hate my situation.
- \_\_\_\_\_ 4. It is hard to understand or hard to digest or I pretend all is fine or I am unhappy or I feel bloated.
- \_\_\_\_\_ 5. I need coordination or control or feel controlled or have chest pressure or my limbs are stiff.
- \_\_\_\_\_ 6. I feel depressed or feel tired after eating or feel sad or irritated or need company.
- \_\_\_\_\_ 7. I feel stuck In a rut or tired of routine or need room to breathe or feel stifled or feel I am suffocating.
- \_\_\_\_\_ 8. I get hot flushes or cold perspiration or feel sexually stimulated or feel apathetic or physically weak.
- \_\_\_\_\_ 9. I withhold my thoughts or feel overworked or have temperature sensitivity or someone is in my way.
- \_\_\_\_\_ 10. I am anxious or forgetful or lightheaded or dizzy or fearful or can't take the heat.
- \_\_\_\_\_ 11. Someone replaced me or gets the credit or benefits or I am resentful or I am not rewarded.
- \_\_\_\_\_ 12. I am jumpy or nervous or have mental conflicts or am a light sleeper or have many undone projects.
- \_\_\_\_\_ 13. I am exhausted or need courage or am worried or feel drained or dislike explaining my situation.
- \_\_\_\_\_ 14. I am concerned or upset by unknowns or must figure it out or filled with thoughts or expect bad.
- \_\_\_\_\_ 15. I need energy or feel old or feel worn out or sensitive to sun or heat or radiation or hard to focus.
- \_\_\_\_\_ 16. I want to escape or have unexplained fears or have food concerns or am shy or pressure nauseates.
- \_\_\_\_\_ 17. Thinking hurts or poor memory or pee at night or am not myself or poor balance or need to eat.
- \_\_\_\_\_ 19. Sexual issues or bored or tired of same situation or lost priorities or hard to distinguish problems.
- \_\_\_\_\_ 20. Tremble all over or under stress or have low stamina or hidden condition or difficult to laugh.
- \_\_\_\_\_ 21. Odd facial expressions or lost a loved one or job or position or usually lose or have nervous tension.
- \_\_\_\_\_ 22. Palms sweat or have bad temper or are impatient or easily find fault or curse.
- \_\_\_\_\_ 23. I am angry or reject others or need fresh air or traumatized or antagonized or irregular breathing.
- \_\_\_\_\_ 24. I use prescription or OTC or recreational drugs or alcohol or tobacco or am excitable or sigh a lot.