

UNQUIET CHECKLIST

0 - Not a problem or not noticed 1 - Sometimes a problem but not a big problem 2 - Always, or most of the time, a problem

- [....] Low Energy Level
- [....] Character Shifts or Mood Swings
- [....] Inner Voice(s) Speaking To You
- [....] Past or Present Abuse of Drugs, Including Alcohol
- [....] Impulsive Behavior
- [....] Memory Problems
- [....] Poor Concentration
- [....] Sudden Onset of Anxiety or Depression
- [....] Sudden Onset of Physical Problems With No Obvious Cause
- [....] Emotional or Physical Reactions To Christian Media

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