**Adult Checklist of Changes**

**Noticed since last Neurofeedback session**

**Patient: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Place an “M” for more or “L” for less next of any changes you have experienced since the last session. Circle any changes that are more pronounced.

About 24 hours after training, please complete:

M = More L = Less

\_\_\_Spacey \_\_\_Agitated

\_\_\_Depressed \_\_\_Impulsive

\_\_\_Irritable \_\_\_Aggressive Behavior

\_\_\_Nausea \_\_\_Pressure in Chest

\_\_\_Emotional Control \_\_\_Difficulty Falling Asleep

\_\_\_Disrupted Sleep (Waking often) \_\_\_Racing Heartbeat

\_\_\_Anxiety \_\_\_Anger

\_\_\_Lethargic \_\_\_Hyperactive

\_\_\_Feeling Dull \_\_\_Feeling Jumpy

\_\_\_Confused Thinking \_\_\_Racing Thoughts

\_\_\_Appetite \_\_\_Can’t Slow Down

\_\_\_Feeling Blue \_\_\_Tension in Body

\_\_\_Cry Easily \_\_\_Headaches

\_\_\_Forgetful \_\_\_Pain Awareness

\_\_\_Less Energy \_\_\_Skin-Crawling Sensation

\_\_\_Fearful \_\_\_Stress

\_\_\_Relaxed \_\_\_Happier

\_\_\_Emotionally Calm \_\_\_Feeling “Lighter”

\_\_\_Body Awareness \_\_\_Talkative

\_\_\_Better Sleep \_\_\_Energy

\_\_\_Aware of More Dreams \_\_\_Clearer Thinking

\_\_\_Decreased Impulsivity \_\_\_Vision Brighter/Clearer

\_\_\_More Eye-Contact \_\_\_Faster Reaction Time

\_\_\_More Empathy \_\_\_Reading is Better

\_\_\_Voice Seems Lower/Calmer \_\_\_Attention

\_\_\_Easier to Fall Asleep \_\_\_Tinnitus