

Please rate level difficulty on a scale of 1 – 10, with 10 being the most difficult

1 CATEGORY SLEEP		
Bruxism		Difficulty falling asleep
Difficulty maintaining sleep		Difficulty waking
Disregulated sleep cycle		Narcolepsy
Night sweats		Night terrors
Nightmares or vivid dreams		Nocturnal enuresis
Periodic leg movements		Restless leg
Restless sleep		Sleep - number of hours
Sleep apnea		Sleep Quality Overall
Sleep walking		Snoring
Talking during sleep		
2 CATEGORY ATTENTION + LEARNING		
Difficulty completing tasks		Difficulty following directions
Difficulty making decisions		Difficulty organizing personal time or space
Difficulty remembering names		Difficulty shifting attention
Difficulty shifting tasks		Difficulty thinking clearly
Difficulty understanding conversations		Distractibility
Lack of alertness		Lacking common sense
Messy handwriting		Not listening
Poor concentration		Poor drawing ability
Poor math		Poor short-term memory
Poor sustained attention		Poor verbal expression
Poor vocabulary		Poor word finding
Procrastination		Reading difficulty
Slow thinking		Unmotivated
3 CATEGORY SENSORY		
Auditory hypersensitivity		Chemical sensitivities
Motion sickness		Poor body awareness
Somatosensory deficits		Tactile hypersensitivity
Tinnitus		Vertigo
Visual deficits		Visual hypersensitivity
4 CATEGORY BEHAVIORAL		
Addictive behaviors		Aggressive behavior
Anorexia		Autistic stimming
Binging and purging		Class clown
Compulsive behaviors		Compulsive eating
Crying		Excessive talking
Hyperactivity		Impulsivity
Inflexibility		Lack of appetite awareness
Lack of sense of humor		Lack of social interest
Manipulative behavior		Motor or vocal tics
Nail biting		Oppositional or defiant behavior
Poor eye contact		Poor grooming
Poor social or emotional reciprocity		Poor Speech articulation
Rages		Self-injurious behavior
Stuttering		

5 CATEGORY EMOTIONAL		
Agitation		Anger
Anxiety		Depression
Difficult to soothe		Dissociative episodes
Easily embarrassed		Emotional reactivity
Fears		Feelings of unreality
Flashbacks of trauma		Impatience
Irritability		Lack of emotional awareness
Lack of pleasure		Lack of social awareness
Low self-esteem		Mania
Mood swings		Obsessive negative thoughts
Obsessive worries		Panic attacks
Paranoia		Suicidal thoughts
6 CATEGORY PHYSICAL		
Allergies		Asthma
Chronic constipation		Clumsiness
Difficulty walking or moving		Difficulty working
Effort fatigue		Encopresis
Fatigue		Heart palpitations
High blood pressure		Hot flashes
Immune deficiency		Irritable bowel
Low muscle tone		Muscle tension
Muscle twitches		Muscle weakness
Nausea		PMS symptoms
Poor balance		Poor fine motor coordination
Poor gross motor coordination		Reflux
Rigidity		Seizures
Skin rashes		Spasticity
Stress incontinence		Sugar craving and reactivity
Sweating		Tachycardia
Tremor		Urge incontinence
7 CATEGORY PAIN		
Abdominal pain		Chronic aching pain
Chronic nerve pain		Fibromyalgia pain
Jaw pain		Joint pain
Migraine headaches		Muscle pain
Muscle tension headaches		Sciatica
Sinus headaches		Stomach aches
Trigeminal neuralgia		
8 CATEGORY POSITIVE		
8 Alertness		8 Balance
8 Calmness		8 Compassion
8 Confidence		8 Connectedness
8 Energy Level		8 Focus
8 Goal Setting		8 Good Sleep Quality
8 Gratitude		8 Happiness
8 Harmony		8 Optimism
8 Positive Attitude		8 Resilience
8 Vitality		