



Hormonal Deficiency - Irritability Syndrome 2015

Hormonal Imbalances in the brain can cause symptoms that can present in one or more of the following manners; Please check off accordingly with 0 = Never, 1 = 25%, 2= 50%, 3= 75% and 4 = 100% of the time.

Name:	Date:					
How often do you feel :	0	1	2	3	4	Comments
1. Angry						
2. Fatigued						
3. Impatient						
4. Blaming						
5. Dissatisfied						
6. Moody/Grumpy						
7. Fearful						
8. Discontented						
9. Hypersensitive/Easily Annoyed						
10. Mentally exhausted						
11. Bored						
12. Aggressive						
13. Unloved						
14. Unappreciated						
15. Tense (anxious)						
16. Touchy						
17. Unloving						
18. Lonely						
19. Hostile						
20. Overwhelmed						
21. Destructive						
22. Demanding						
23. Frustrated						
24. Withdrawn/detached						
25. Mean						
26. Sad (depressed feeling)						
27. Scared						
28. Numb/insensitive						
29. Explosive						
30. Defensive						
31. Denies Problems						
32. Self-Critical						
33. Troubled						
34. Desire to Over-eat						
35. Drug or Alcohol Use.						
36. Excitable						
37. Withdrawn into TV						
38. Overworked						
39. Sleep more						
40. Impulsive						
41. Worried						
42. Argumentative						
43. Sarcastic						
44. Jealous						
45. Uncommunicative						