

Neurotransmitter Checklist

LOW SEROTONIN SYMPTOMS

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| | Do you have loss of pleasure in hobbies and interests? |
| | Do you feel overwhelmed with ideas to manage? |
| | Do you have feelings of inner rage? |
| | Do you have feelings of inner paranoia? |
| | Do you have feelings of depression? |
| | Do you feel like you are not enjoying life? |
| | Do you feel lack of artistic appreciation? |
| | Do you get depressed when it is cloudy or when there is lack of sunlight? |
| | Do you have loss of enthusiasm for your favorite activities? |
| | Are you not enjoying favorite foods? |
| | Are you not enjoying friendships and relationships? |
| | Are you unable to fall into deep restful sleep? |
| | Do you have feelings of dependency on others? |
| | Do you feel more susceptible to pain? |
| | Do you have feelings of unprovoked anger? |

LOW DOPAMINE SYMPTOMS

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| | Do you have feelings of worthlessness? |
| | Do you have feelings of hopelessness? |
| | Do you have self-destructive thoughts? |
| | Do you have inability to handle stress? |
| | Do you have anger and aggression while under stress? |
| | Do you not feel rested even after long hours of sleep? |
| | Do you desire to isolate yourself from others? |
| | Do you have unexplained lack of concern for family and friends? |
| | Are you distracted easily? |
| | Do you have an inability to finish tasks? |
| | Do you feel the need to get alert by consuming caffeine sources? |
| | Do you have low libido? |
| | Do you lose your temper for minor reasons? |

LOW GABA SYMPTOMS

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| | Do you have feelings of anxiousness or panic for no reason? |
| | Do you have feelings of dread? |
| | Do you have feelings of "knot" in your stomach? |
| | Do you have feelings of being overwhelmed for no reason? |
| | Do you have feelings of guilt about decisions? |
| | Do you have a restless mind? |
| | Do you have a hard time turning your mind off when you want to relax? |
| | Do you have disorganized attention? |
| | Do you worry about things you never had thought about before? |
| | Do you have feelings of inner tension and inner excitability? |

LOW ACETYLCHOLINE SYMPTOMS

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| | Do you have a declining loss of visual memory? |
| | Do you have a declining loss of verbal memory? |
| | Do you have memory lapses? |
| | Do you have impaired creativity? |
| | Do you have diminished comprehension? |
| | Do you have difficulty calculating numbers? |
| | Do you have difficulty recognizing objects and faces? |
| | Do you have an altered keen awareness of self? |
| | Do you have excessive urination? |
| | Do you have slowness of mental responsiveness? |