

Pass Questionnaire

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Place a checkmark ☒ in front of any symptom or condition that you have experienced during the past two years or longer. Write in any similar symptoms.

1. ☐ Progressive fatigue that is not alleviated by sleep
☐ Constant or frequent restlessness
☐ Sleep does not seem to be refreshing
☐ Sleep changes (can't fall asleep, wake early/frequently, restless, an increasing need for more sleep)
☐ Decreased dreaming or a sudden increase in frightening dreams
☐ Other

2. ☐ A state of hypervigilance or protective hyper-alertness
☐ A tendency to startle easily
☐ A lack of interest in formerly enjoyable activities
☐ Increased jitteriness
☐ Inability to relax
☐ Other

3. ☐ Slowed rates of healing
☐ Increased susceptibility to contagious diseases or illnesses
☐ Diagnosis of, or worsening of an autoimmune disease
☐ Development of cancer
☐ Diagnosis of a chronic illness such as diabetes type 2, arthritis, or other
☐ Other

4. ☐ Decreased artistic or creative competencies (i.e., writer's block)
☐ Difficulty brainstorming options
☐ Increased injuries/accidents due to making mistakes or not paying attention
☐ Difficulty in making logical or rational decisions
☐ Diminished problem solving skills
☐ Other

5. ☐ Severe stressor or long-term chronic stress
☐ Diagnosed with a hormonal imbalance
☐ Have irregularities with insulin (if diabetic)
☐ Experience irregularities with menstrual cycles or menopause (if female)
☐ Thinking ability seems foggy or less clear
☐ Other
6. ☐ A noticeable change in short-term memory
☐ A noticeable change in long-term memory
☐ Difficulty recalling information that previously was recalled quite easily
☐ A noticeable change in ability to concentrate or pay attention
☐ Failure to follow through on actions/activities that used to be automatic
☐ Other
7. ☐ Increase in feelings of hopelessness, helplessness, or inability to cope
☐ Increase in level of discouragement
☐ Depression, diagnosed or undiagnosed
☐ Anxiety, diagnosed or undiagnosed
☐ Feelings of wanting to run away, disappear, or 'end it all'
☐ Other
8. ☐ Self-esteem issues related to feeling not as good as others
☐ A decrease in a sense of personal self-worth
☐ Prone to be taken advantage of by others
☐ Increased tendency to be defensive
☐ Frequently overreacts, creating emotional tsunamis
☐ Other

Count the number of boxes that contain a checkmark. Total number _____.

The higher the number of checkmarks, the more likely that you may be experiencing symptoms of PASS. More information can be found in Taylor's book *Your Brain has a Bent (not a Dent)*.