

THE AMEN SOLUTION

Master Questionnaire With Scoring Key

**Know Your Brain Type
Includes 15 Specific Brain Types and Plans**

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THE AMEN SOLUTION MASTER QUESTIONNAIRE

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Welcome to Daniel Amen, MD's The Amen Solution Master Questionnaire

Taking the questionnaire is the first step to knowing your own individual brain type and evaluating your health habits. In getting healthy, one size does not fit everyone, and having more information on your own brain can be extremely helpful in guiding you through the right steps.

In large part, Dr. Amen's work with patients is based on the brain imaging work he has done for over 20 years. A long time ago he realized that not everyone is able to get a brain scan to know about their own individual brain. His books are translated into 30 different languages and if you read one in China or Brazil odds are that you are not going to get a scan. So based on thousands of scans he developed a series of questionnaires to help predict what your brain might look like if you could get a scan.

A word of caution is in order. This is not a substitute for a good medical evaluation. Self-report questionnaires have advantages and limitations. They are quick, insightful and easy to score. On the other hand, people filling them out may portray themselves in a way they want to be perceived, resulting in self-report bias. For example, some people exaggerate and mark all of the symptoms as frequent, in essence saying, "I'm glad to have a problem so that I can get help or have an excuse for the troubles I have." Others are in denial. They do not want to see any personal flaws and they do not check any symptoms as significant, in essence saying, "I'm okay. There's nothing wrong with me. Leave me alone." Not all self-report bias is intentional. People may genuinely have difficulty recognizing and expressing how they feel. Sometimes family members or friends are better at evaluating a loved one's level of functioning than a person evaluating him or herself.

Questionnaires of any sort, including this one, should never be used as the only assessment tool. Use this one as a catalyst to help you think, ask better questions of your health care providers, and get more evaluation if needed. Always discuss any recommendations with your personal physician or health care provider, especially if you are taking any medications, such as for your heart, asthma, diabetes, blood thinners, blood pressure, or for anxiety, depression, or pain.

THE AMEN SOLUTION MASTER QUESTIONNAIRE

Please rate yourself on each of the symptoms listed below using the following scale. If possible have your partner or someone who knows you well also fill it out on you.

| | | | | | |
|-------|--------|--------------|------------|-----------------|----------------|
| 0 | 1 | 2 | 3 | 4 | N/A |
| Never | Rarely | Occasionally | Frequently | Very Frequently | Not Applicable |

Self Other

- | | | |
|-------|-------|--|
| _____ | _____ | 1. Excessive worrying |
| _____ | _____ | 2. Rigid, wants things a certain way |
| _____ | _____ | 3. Get stuck on the same thought over and over |
| _____ | _____ | 4. Feel compulsively driven to do certain things |
| _____ | _____ | 5. Holds grudges |
| _____ | _____ | 6. Upset when things do not go a certain way |
| _____ | _____ | 7. Argumentative or oppositional |
| _____ | _____ | 8. Night time eater to calm worries |
| _____ | _____ | 9. Compulsive eating behavior, where you feel like you have to keep eating |
| _____ | _____ | 10. Tendency to say no without thinking |
| _____ | _____ | 11. Trouble sustaining focus or attention |
| _____ | _____ | 12. Becomes easily distracted or off task |
| _____ | _____ | 13. Difficulty delaying what you want |
| _____ | _____ | 14. Blurts out answers before others finish talking |
| _____ | _____ | 15. Restless, trouble sitting still |
| _____ | _____ | 16. Impulsively order food later wish hadn't |
| _____ | _____ | 17. Does not plan ahead for meals |
| _____ | _____ | 18. Disorganization |
| _____ | _____ | 19. Often late or in a hurry |
| _____ | _____ | 20. Needs caffeine for energy or focus |
| _____ | _____ | 21. Depressed |
| _____ | _____ | 22. Feel sad |
| _____ | _____ | 23. Negative thinking |
| _____ | _____ | 24. Low energy |
| _____ | _____ | 25. Feel joyless |
| _____ | _____ | 26. Feel hopeless |
| _____ | _____ | 27. Moody |
| _____ | _____ | 28. Low self-esteem |
| _____ | _____ | 29. Feel alone |
| _____ | _____ | 30. Eat as a way to boost your mood |
| _____ | _____ | 31. Feel stress |
| _____ | _____ | 32. Feel nervous or anxious |
| _____ | _____ | 33. Excessive muscle tension (such as headaches or upset stomach) |
| _____ | _____ | 34. Feel panicky inside |
| _____ | _____ | 35. Tend to predict the worst |
| _____ | _____ | 36. Avoids conflict |
| _____ | _____ | 37. Worries about being judged by others |

- _____ 38.Lacks confidence
- _____ 39.Easily startled
- _____ 40.Eats, drinks alcohol or smokes marijuana as a way soothe anxious feelings
- _____ 41.Forgetful
- _____ 42.Memory problems
- _____ 43.Trouble remembering appointments
- _____ 44.Trouble remembering to take medications or supplements
- _____ 45.Trouble remembering things that happened recently
- _____ 46.Trouble remembering names
- _____ 47.It is hard for me to memorize things for school, work, or hobbies
- _____ 48.I know something one day but do not remember it the next day
- _____ 49.I forget what I am going to say right in the middle of saying it
- _____ 50.Trouble following directions that have more than one or two steps
- _____ 51.Trouble falling asleep
- _____ 52.Trouble staying asleep
- _____ 53.Do not get at least 7 hours of sleep a night
- _____ 54.Snores loudly or others complain about your snoring
- _____ 55.Other say you stop breathing when you sleep
- _____ 56.Feel fatigued or tired during the day
- _____ 57.Struggle with cravings (i.e., food, alcohol/drugs)
- _____ 58.Craving for simple carbohydrates, such as bread, pasta, cookies, or candy
- _____ 59.Mood problems tend to occur in the fall or winter and improves in spring and summer
- _____ 60.Diet is poor and tends to be haphazard
- _____ 61.Do not exercise
- _____ 62.Put myself at risk for brain injuries, by doing such things as not wearing my seatbelt, drinking and driving, engaging in high risk sports, etc.
- _____ 63.Live under daily stress at home or work
- _____ 64.Thoughts tend to be negative, worried, or angry
- _____ 65.Problems getting at least 6-7 hours of sleep
- _____ 66.Smoke or am exposed to secondhand smoke
- _____ 67.Drink or consume more than three cups of coffee or dark sodas a day
- _____ 68.Use aspartame (NutraSweet), sucralose (Splenda), other artificial sweeteners and/or MSG
- _____ 69.Around environmental toxins, such as paint fumes, hair or nail salon fumes, or pesticides
- _____ 70.Spend more than 1 hour a day watching TV
- _____ 71.Spend more than 1 hour a day playing video games
- _____ 72.Outside of work time, spend more than one hour a day on the computer
- _____ 73.Consume more than three normal size drinks of alcohol a week
- _____ 74.Light sensitive and bothered by glare, sunlight, headlights or streetlights
- _____ 75.Become tired and/or experience headaches, mood changes, feel restless, or have an inability to stay focused with bright or fluorescent lights
- _____ 76. Have trouble reading words that are on white, glossy paper
- _____ 77.When reading, words or letters shift, shake, blur, move, run together, disappear, or become difficult to perceive
- _____ 78.Feel tense, tired, sleepy, or even get headaches with reading
- _____ 79.Have problems judging distance and have difficulty with such things as escalators, stairs, ball sports, or driving
- _____ 80.Night driving is hard
- _____ 81.Feel cold when others feel fine or they are warm
- _____ 82.Problems with brittle, dry hair, or thinning hair
- _____ 83.Problems with dry skin

- _____ 84. Increase in weight even with low calorie diet
- _____ 85. Chronic problems with tiredness
- _____ 86. Require excessive amounts of sleep to function properly
- _____ 87. Difficult or infrequent bowel movements
- _____ 88. Morning headaches that wear off as the day progresses
- _____ 89. Lack of motivation or mental sluggishness
- _____ 90. Feel warm when others feel fine or they are cold
- _____ 91. Night sweats or problems sweating during the day
- _____ 92. Heart palpitations
- _____ 93. Bulging eyes
- _____ 94. Inward trembling
- _____ 95. Increased pulse rate even at rest
- _____ 96. Insomnia
- _____ 97. Difficulty gaining weight
- _____ 98. Crave sweets during the day
- _____ 99. Irritable if meals are missed
- _____ 100. Get lightheaded if meals are missed
- _____ 101. Eating relieves fatigue
- _____ 102. Poor memory, forgetful
- _____ 103. Decreased sex drive
- _____ 104. Depressed mood
- _____ 105. Decreased muscle mass and strength
- _____ 106. Loss of body hair
- _____ 107. Abdominal fat (pot belly)

Answer "Yes" or "No"

- _____ 108. Are you taking blood thinners, such as aspirin, coumadin, Warfarin, Plavix, or Persantine?

THE AMEN SOLUTION MASTER QUESTIONNAIRE

Answer Key

Place the number of questions you, or a significant other, answered as “3” or “4” in the space provided.

_____ Questions 1 – 10: “Flexible Thinking”

- 0-1 – Good “Flexible Thinking”
- 2-4 – May have trouble with “Flexible Thinking”
- 5-10 – Highly probable “Flexible Thinking” may be a concern

If you scored 2 or more questions with “3” or “4” than flexible thinking problems may be an issue for you. **Compulsive overeaters tend to fit into this category.** Dr. Amen believes that scientific research supports that certain exercises and supplements may be beneficial to calm compulsive overeating, support flexible thinking and help with obsessive thinking or compulsive behaviors, such as:

- learning how to distract yourself when you get a thought in your head more than three times
- intense exercise
- a higher complex carbohydrate diet and
- dietary supplements can be helpful, such as 5HTP, saffron or inositol found in *Serotonin Mood Support.*

_____ Questions 11 – 20: “Focus/Impulse Control”

- 0-1 – Good “Focus/Impulse Control”
- 2-4 – May have “Focus/Impulse Control” issues
- 5-10 – Highly probable “Focus/Impulse Control” issues

If you scored 2 or more questions with “3” or “4” than focus and/or impulse control may be an issue for you. **Impulsive overeaters tend to fit into this category.** Dr. Amen believes that scientific research supports that certain exercises and supplements may be beneficial to curb impulsive overeating and support your focus and impulse control, such as:

- structured goal setting
- intense exercise
- a higher protein diet
- neurofeedback to stimulate the front part of the brain, and
- dietary supplements can be helpful such as green tea, rhodiola and ginseng found in *Focus and Energy Optimizer.*

*Note: For people who have 2 or more in questions with a score of 3 or 4 in both questions 1-10 and 11-20 they may fit into Dr. Amen's Impulsive-Compulsive Overeater and need a combination of strategies outlined above. The diet for this type is a balanced diet between healthy proteins and healthy carbohydrates. The supplements would include a combination of **Serotonin Mood Support in the evening and Focus and Energy Optimizer** in the morning and early afternoon.*

_____ Questions 21 – 30: “Mood Concerns”

- 0-1 – Good “Mood”
- 2-4 – May have difficulties with “Mood”
- 5-10 – Highly probable “Mood” is a concern

If you scored 2 or more questions with “3” or “4” than mood may be a concern for you. **Sad overeaters tend to fit into this category.** Dr. Amen believes that scientific research supports that certain exercises and supplements may be beneficial to counteract emotional overeating and support your mood, such as:

- learning how to kill the ANTs (automatic negative thoughts)
- intense exercise
- a balanced diet between protein and complex carbohydrates
- fish oil
- optimize Vitamin D level and
- dietary supplements such as SAME found in **SAME Mood and Movement Support.**

_____ Questions 31 – 40: “Stress and Anxiety”

- 0-1 – Low level of “stress and anxiety”
- 2-4 – May have trouble with “stress and anxiety”
- 5-10 – Highly probable “stress and anxiety” is a problem

If you scored 2 or more questions with “3” or “4” than stress and anxiety may be an issue for you. **Anxious Overeaters tend to fit into this category.** Dr. Amen believes that scientific research supports that certain exercises and supplements may help support a relaxed, calm state of mind and be beneficial to calm your stress and anxiety, such as:

- learning how to kill the ANTs (automatic negative thoughts)
- meditation
- hypnosis
- relaxing music
- fish oil and
- dietary supplements such as GABA found in **GABA Calming Support.**

_____ Questions 41 – 50 “Memory”

- 0-1 – No “memory” problems
- 2-4 – “Memory” may be a problem
- 5-10 – Highly probable “memory” is a concern

Dr. Amen believes that scientific research supports that certain exercises and supplements may be beneficial to support your memory, such as:

- intense exercise
- eliminating bad brain habits
- decreasing or eliminating alcohol, tobacco, drugs, and caffeine
- new learning
- a healthy diet
- fish oil
- Optimize vitamin D level and
- dietary supplements such as ginkgo, huperzine A, vinpocetine, acetyl-L-carnitine and phosphatidylserine found in **Brain and Memory Power Boost.**

When memory issues are a problem it is important to understand why. Memory problems are associated with bad brain habits, low thyroid, anemia, substance abuse, depression, certain medications, such as pain medicines, among other issues. Getting a proper evaluation is often important to helping you understand why and correcting it.

_____ **Questions 51 – 53 “Sleep”**

If you answered one or more of these questions with a score of 3 or 4, you may be struggling with sleep issues. Work hard to get at least 7 hours a night. Certain dietary supplements such as regular and slow release melatonin, GABA or valerian found in **Restful Sleep.**

_____ **Questions 54 – 56 “Sleep Apnea”**

If you answered one or more of these questions with a score of 3 or 4, you may have sleep apnea. Sleep apnea occurs when people stop breathing multiple times during the night. It causes significant oxygen deprivation for the brain and people may often feel tired, depressed, and have memory issues. This condition is best evaluated by a sleep expert in a specialized sleep laboratory. Treating sleep apnea often makes a positive difference in mood and energy. If you suspect a problem, talk to your physician.

_____ **Questions 57 – 58 “Cravings”**

If you answered one or two questions with a score of 3 or 4, craving control issues may be a problem for you. Dr. Amen believes that scientific research supports that:

- eating four to five small meals a day,
- as well as eliminating most of the simple sugars in your diet (such as sugar, bread, pasta,

potatoes, and rice) can be very helpful to calm your cravings.

- Dietary supplements such as chromium, alpha lipoic acid, glutamine, dl-phenylalanine and n-acetylcysteine may also help found in **Craving Control**.

_____ **Question 59 “Seasonal Mood Disorder”**

If you answered this question with a score of 3 or 4, you may have a seasonal mood disorder.

Dr. Amen believes the following strategies may be helpful to you:

- getting outside during daylight hours
- sitting in front of special “full spectrum light therapy” devices for thirty minutes in the morning.
- optimize your vitamin D level
- melatonin has also been found to be helpful.

See <http://www.mayoclinic.com/health/seasonal-affective-disorder/MH00023> for more information.

_____ **Questions 60 – 73 Brain Habit Questions.**

For these questions add up your total score, not just the ones you answered with a 3 or 4.

If you scored between 0 – 6, odds are you have very good brain habits. Congratulations!

If you scored between 7 – 12, odds are you are doing well, but you can work to be better!

If you scored between 13 – 20, your brain habits are not good and you are prematurely aging your brain. A better brain awaits you with a little consistent effort!

If you scored more than 20, you have poor brain habits and it is time to be concerned. A brain makeover may just change your life!

_____ **Questions 74-80 Scotopic Sensitivity Syndrome**

If you answered three or more questions with a score of “3” or “4” you may have Scotopic Sensitivity Syndrome (SSS). SSS occurs when the brain is overly sensitive to certain colors of light. This can cause headaches, anxiety, depression, problems reading, and depth perception issues. Getting this condition properly diagnosed and treated can make a significant difference for your mental and physical health. To learn more about the diagnosis and treatment of SSS go to www.irlen.com. Most physicians do not know about this disorder, so please do not rely on them for accurate information.

_____ **Questions 81-89 Hypothyroid Potential**

If you answered three or more questions with a score of “3” or “4” you may have low thyroid issues and should be evaluated by your physician. Low thyroid problems can cause symptoms of anxiety, depression, memory problems, mental fatigue and weight gain. Make sure to get your thyroid checked and put your results under your important numbers.

_____ **Questions 90-97 Hyperthyroid Potential**

If you answered three or more questions with a score of “3” or “4” you may have high thyroid issues and should be evaluated by your physician. Excessive thyroid problems can cause symptoms of anxiety, agitation, irritability, depression and memory problems. Make sure to get your thyroid checked and put your results under your important numbers.

_____ **Questions 98-101 Low Blood Sugar Potential**

If you answered one or more questions with a score of “3” or “4” you may have low blood sugar issues should be evaluated by your physician. Low blood sugar or hypoglycemia can cause symptoms of anxiety and lethargy. Eating four to five small meals a day, as well as eliminating most of the simple sugars in your diet (such as sugar, bread, pasta, potatoes, and rice) can be very helpful to balance your mood and anxiety levels. One of the best tests to determine if low blood sugar issues are a problems for you is “**fasting and 1- and 2-hour insulin and glucose levels after a 75-gram glucose load.** Fasting insulin should be less than 5 and fasting glucose less than 90 mg/dl; 1 and 2 hour insulin should never be over 30, and 1 and 2 hour glucose never over 110.

_____ **Questions 102-107 Low Testosterone Levels**

If you answered two or more questions with a score of “3” or “4” low testosterone issues should be evaluated by your physician. Low testosterone levels can cause symptoms of low energy, depression, moodiness, memory problems and low libido, as well as the other symptoms. Getting this condition properly diagnosed and treated can make a significant positive difference in your life for both men and women.

_____ **Question 108 “Blood thinners”**

If you answered yes to this question, you need to be careful with over the counter supplements that affect blood flow, such as ginkgo, vinpocetine, high doses of vitamin E, and fish oil. Please check with your personal health care professionals before starting on a program that contains these substances.

Brain Type Action Plans

Based on the brain imaging work at Amen Clinics, Dr. Amen has developed the following Action Plans based on brain type. Each Action Plan includes a brief description of the brain type, brain SPECT findings for each type, plus recommendations for the following:

- Behaviors
- Exercise
- Diet
- Supplements

Below are 15 different brain types.

No Type

Some people do not have a brain type. Or, they are not insightful and need someone else who knows them well to fill out the questionnaire.

If you do not have a brain type, use all the other strategies in The Amen Solution to have the brain and body you have always wanted.

Type 1: Compulsive

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

People with this type have trouble shifting their attention and tend to get stuck on worrisome thoughts, thoughts of food, or compulsive behaviors. They may also get stuck on anxious or depressing thoughts. The basic mechanism of this type is that they tend to get stuck or locked into one course of action. They tend to have trouble seeing options and want to have things their way. They struggle with cognitive inflexibility and tend to see too many errors in themselves and others.

This type is also associated with worry, holding grudges, and having problems with oppositional or argumentative behavior. Nighttime-eating syndrome, where people tend to gorge at night and not be hungry early in the day, often fits this pattern.

Brain SPECT findings for this type include:

- increased activity in the front part of the brain, especially in an area called the anterior cingulate gyrus which is thought of as the brain’s gear shifter. This is commonly associated with low levels of the neurotransmitter serotonin.

Action Plan

- Learn how to distract yourself when you get a thought in your head more than three times
- Intense exercise (see the Body Gym for more on exercise)
- A higher complex carbohydrate diet (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Natural ways to boost serotonin, such as exercise, complex carbohydrates, and dietary supplements such as 5HTP, inositol and saffron, the combination of which can be found in [Serotonin Mood Support](#).

Type 2: Impulsive

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

People with this type struggle with impulsivity and trouble controlling their behavior, even though they may start each day with good intentions. This type results from too little activity in the brain’s prefrontal cortex (PFC), often as a result of low dopamine levels in the brain. The PFC acts as the brain’s supervisor. It helps with executive functions, such as attention span, forethought, impulse control, organization, motivation, and planning.

When the PFC is underactive, people complain of being inattentive, distracted, bored, off task, and impulsive. This type is often seen in people who have ADD/ADHD (attention deficit disorder/attention deficit hyperactivity disorder), which is associated with longstanding issues of short attention span, distractibility, disorganization, restlessness, and impulsivity.

Brain SPECT findings for this type include:

- Decreased activity in the PFC, which is commonly associated with low brain dopamine levels.

Action Plan

- Structured goal setting
- Intense exercise (see the Body Gym for more on exercise)
- A higher high-quality protein diet (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Natural ways to boost dopamine include intense exercise, highly interesting activities, and dietary supplements such as green tea, rhodiola and ashwagandha, found in [Focus & Energy Optimizer](#)

Type 3: Impulsive-Compulsive

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

People with this type have a combination of both impulsive and compulsive features. On the surface it seems almost contradictory. How can you be both impulsive and compulsive at the same time? Think of compulsive gambling. These are people who are compulsively driven to gamble and yet have no control over their impulses. It is the same with these people.

This type is particularly common in the children and grandchildren of alcoholics or people who have a significant family history of alcoholism. It is also common for people with bulimia to have this type.

Brain SPECT findings for this type include:

- decreased activity in the PFC, which is commonly associated with low brain dopamine levels
- increased anterior cingulate gyrus activity, which is commonly caused by low brain serotonin levels

Action Plan

- Learn how to distract yourself when you get a thought in your head more than three times
- Structured goal setting
- Intense exercise (see the Body Gym for more on exercise)
- A balanced diet between complex carbohydrates and protein (see [Recipes & Tips](#) and [Tana’s Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Natural ways to increase serotonin and dopamine include intense exercise, a balanced diet, and a combination of dietary supplements, such as [Serotonin Mood Support](#) at night and [Focus & Energy Optimizer](#) in the morning and afternoon.

Type 4: Sad

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

People with this type tend to use food or other substances to medicate underlying feelings of sadness and to calm the emotional storms in their brains. They often struggle with feelings of boredom, loneliness, depression, low self-esteem, and pain issues.

People with this type may also experience decreased libido, periods of crying, low energy levels, and lack of interest in usually pleasurable activities, as well as feelings of guilt, helplessness, hopelessness, or worthlessness.

For some people, these feelings come and go with the seasons and tend to worsen in winter. Others experience mild feelings of chronic sadness, called dysthymia. Still others suffer from more serious depressions. This type is more commonly seen in women.

Brain SPECT findings for this type include:

- increased activity in the deep limbic areas of the brain
- decreased activity in the PFC, which is commonly associated with low brain dopamine or norepinephrine levels

Action Plan

- Learn how to Kill the ANTs (automatic negative thoughts)
- Intense exercise (see the Body Gym for more on exercise)
- A balanced diet between protein and complex carbohydrates (see Recipes & Tips and Tana's Tips for recipes and more)
- Fish oil, such as Omega-3 Power
- Optimize vitamin D level
- Dietary supplement such as SAME found in ***SAME Mood & Movement Support***

Type 5: Anxious

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type tend use food or other substances to medicate underlying feelings of anxiety, tension, nervousness, and fear. They may be plagued by feelings of panic, fear, and self-doubt, and suffer physical symptoms of anxiety, such as muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles.

People with this type tend to predict the worst and look to the future with fear. They may be excessively shy, easily startled, and freeze in emotionally charged situations.

Brain SPECT findings for this type include:

- increased activity in the basal ganglia, which is commonly caused by low levels of the calming neurotransmitter GABA

Action Plan

- Learn how to Kill the ANTs (automatic negative thoughts)
- Meditation (go to the Relaxation Room for meditation sessions)
- Hypnosis (go to the Relaxation Room for hypnosis sessions)
- Diaphragmatic breathing
- Relaxing music
- Intense exercise (see the Body Gym for more on exercise)
- A balanced diet between protein and complex carbohydrates (see Recipes & Tips and Tana's Tips for recipes and more)
- Fish oil, such as Omega-3 Power
- Optimize vitamin D level
- Dietary supplements such as GABA, B6, magnesium and lemon balm found in **GABA Calming Support**

What Do I Do If I Have More Than One Type?

It is very common to have more than one brain type. Dr. Amen has developed the following action plans for people who have more than one type.

Combination Types

Types 1, 4 Compulsive-Sad

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

People with this type have trouble shifting their attention and tend to dwell on worrisome or depressing thoughts. They may also get stuck on thoughts of food or eat as a way to medicate underlying feelings of sadness or depression. People with this may type develop compulsive behaviors and tend to get stuck or locked into one course of action. They may also struggle with feelings of boredom, loneliness, low self-esteem, guilt, helplessness, hopelessness, worthlessness, and pain issues. When pain is an issue, they can get stuck on thoughts about the pain. They also tend to hold grudges and have problems with oppositional or argumentative behavior.

Brain SPECT findings for this type include:

- increased activity in the anterior cingulate gyrus, which is commonly caused by low brain serotonin levels
- increased activity in the deep limbic system
- decreased activity in the prefrontal cortex, which is associated with low levels of dopamine and norepinephrine

Action Plan

- Learn how to distract yourself when you get a thought in your head more than three times
- Learn how to kill the ANTs or automatic negative thoughts (see [ANTs-Feel Better Fast](#) for ANT-killing exercises)
- Intense exercise (see the [Body Gym](#) for more on exercise)
- A higher complex carbohydrate diet (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- A combination of dietary supplements that boost both serotonin, dopamine and norepinephrine, such as [Serotonin Mood Support](#) and [SAME Mood & Movement Support](#)

Types 1, 5 Compulsive-Anxious

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type tend to get stuck on compulsive behaviors and anxious or fearful thoughts. They have trouble shifting their attention from these thoughts and tend to use food or other substances to medicate their feelings of anxiety, tension, nervousness, and fear. They may be plagued by feelings of panic, fear, and self-doubt, and suffer physical symptoms of anxiety as well, such as muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles. They tend to focus on worrisome thoughts about these ailments. They also tend to hold grudges and have problems with oppositional or argumentative behavior.

Brain SPECT findings for this type include:

- increased activity in the anterior cingulate gyrus, which is commonly caused by low brain serotonin levels
- overactivity in the basal ganglia, which is associated with low levels of the calming neurotransmitter GABA

Action Plan

- Learn how to distract yourself when you get a thought in your head more than three times
- Learn how to kill the ANTs or automatic negative thoughts (see [ANTs-Feel Better Fast](#) for ANT-killing exercises)
- Meditation (go to the [Relaxation Room](#) for meditation sessions)
- Hypnosis (go to the [Relaxation Room](#) for hypnosis sessions)
- Diaphragmatic breathing
- Relaxing music
- Intense exercise (see the [Body Gym](#) for more on exercise)
- A higher complex carbohydrate diet (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Dietary supplements that boost serotonin and GABA, such as [Serotonin Mood Support](#) and [GABA Calming Support](#)

Types 1, 4, 5 Compulsive-Sad-Anxious

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type have trouble shifting their attention and tend to get stuck on compulsive behaviors or dwell on worrisome, depressing, anxious, or fearful thoughts. They tend to use food or other substances to medicate their feelings of sadness, depression, anxiety, tension, nervousness, fear, panic, self-doubt, boredom, loneliness, low self-esteem, guilt, helplessness, hopelessness, or worthlessness.

They may suffer physical symptoms of anxiety and depression as well, such as chronic pain, muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles. They also tend to struggle with cognitive inflexibility, have trouble seeing options, hold grudges, and have problems with oppositional and argumentative behavior.

Brain SPECT findings for this type include:

- increased activity in the anterior cingulate gyrus, which is commonly caused by low brain

serotonin levels

- increased activity in the deep limbic system
- decreased activity in the prefrontal cortex, which is associated with low levels of dopamine and norepinephrine
- overactivity in the basal ganglia, which is associated with low levels of the calming neurotransmitter GABA

Action Plan

- Learn how to distract yourself when you get a thought in your head more than three times
- Learn how to kill the ANTs or automatic negative thoughts (see ANTs-Feel Better Fast for ANT-killing exercises)
- Meditation (go to the Relaxation Room for meditation sessions)
- Hypnosis (go to the Relaxation Room for hypnosis sessions)
- Diaphragmatic breathing
- Relaxing music
- Intense exercise (see the Body Gym for more on exercise)
- A balanced diet (see Recipes & Tips and Tana's Tips for recipes and more)
- Fish oil, such as Omega-3 Power
- Optimize vitamin D level
- Dietary supplements that boost serotonin, dopamine, norepinephrine and GABA, such as a combination of *Serotonin Mood Support, SAME Mood & Movement Support, and GABA Calming Support*

Types 2, 4 Impulsive-Sad

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

People with this type struggle with feelings of sadness combined with impulsive behavior. They may start each day with good intentions, but when feelings of boredom, loneliness, depression, low self-esteem, guilt, helplessness, hopelessness, or worthlessness come up they have trouble controlling their behavior and tend to use food or other substances to medicate their feelings. They also tend to struggle with problems with attention span, forethought, impulse control organization, motivation, and planning. This combination makes it nearly impossible for them to stick with a brain healthy eating plan or lifestyle despite their best efforts. People with this type often struggle with chronic pain issues. This brain type is common among emotional overeaters.

The most common brain SPECT findings for this type include:

- decreased activity in the PFC, which is commonly associated with low brain dopamine and norepinephrine levels
- increased activity in the deep limbic areas of the brain

Action Plan

- Structured goal setting
- Learn how to kill the ANTs or automatic negative thoughts (see [ANTs-Feel Better Fast](#) for ANT-killing exercises)
- Intense exercise (see the [Body Gym](#) for more on exercise)
- A higher protein diet (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Dietary supplements such as green tea and SAME found in [*Focus & Energy Optimizer and SAME Mood & Movement Support*](#)

Types 2, 5 Impulsive-Anxious

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type struggle with feelings of anxiety combined with impulsive behavior. They may start each day with good intentions, but when feelings of anxiety, tension, nervousness, fear, panic, or self-doubt come up they have trouble controlling their behavior and tend to use food or other substances to medicate their feelings. They tend to struggle with problems with attention span, forethought, impulse control, organization, motivation, and planning. This combination makes it nearly impossible for them to stick with a brain healthy eating plan or lifestyle despite their best efforts. They may also suffer physical symptoms of anxiety as well, such as muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles. This brain type is common among emotional overeaters.

The most common brain SPECT findings for this type include:

- decreased activity in the PFC, which is commonly associated with low brain dopamine levels
- overactivity in the basal ganglia

Action Plan

- Structured goal setting

- Learning how to Kill the ANTs (automatic negative thoughts)
- Meditation (go to the Relaxation Room for meditation sessions)
- Hypnosis (go to the Relaxation Room for hypnosis sessions)
- Diaphragmatic breathing
- Relaxing music
- Intense exercise (see the Body Gym for more on exercise)
- A balanced diet between high quality protein and high quality carbohydrates (see Recipes & Tips and Tana's Tips for recipes and more)
- Fish oil, such as Omega-3 Power
- Optimize vitamin D level
- Dietary supplements that increase dopamine and GABA found in a combination of *Focus & Energy Optimizer and GABA Calming Support*

Types 2, 4, 5 Impulsive–Sad–Anxious

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type struggle with feelings of sadness and anxiety combined with impulsive behavior. They may start each day with good intentions, but when feelings of anxiety, depression, boredom, loneliness, low self-esteem, tension, nervousness, fear, panic, self-doubt, guilt, helplessness, hopelessness, or worthlessness come up they have trouble controlling their behavior and tend to use food or other substances to medicate their feelings. They tend to struggle with problems with attention span, forethought, impulse control, organization, motivation, and planning. This combination makes it nearly impossible for them to stick with a brain healthy eating plan or lifestyle despite their best efforts.

People with this type also often struggle with suffer physical symptoms of anxiety and depression, such as chronic pain, muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles. This brain type is common among emotional overeaters.

The most common brain SPECT findings for this type include:

- decreased activity in the PFC, which is commonly associated with low brain dopamine and norepinephrine levels
- increased activity in the deep limbic areas of the brain
- overactivity in the basal ganglia associated with low GABA levels

Action Plan

- Structured goal setting
- Learn how to kill the ANTs or automatic negative thoughts (see [ANTs-Feel Better Fast](#) for ANT-killing exercises)
- Meditation (go to the [Relaxation Room](#) for meditation sessions)
- Hypnosis (go to the [Relaxation Room](#) for hypnosis sessions)
- Diaphragmatic breathing
- Relaxing music
- intense exercise (see the [Body Gym](#) for more on exercise)
- A balanced diet between high quality protein and high quality carbohydrates (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Dietary supplements such as green tea, SAME and GABA, B6, magnesium and lemon balm found in [***Focus & Energy Optimizer, SAME Mood & Movement Support, and GABA Calming Support***](#)

Types 3, 4 Impulsive-Compulsive-Sad

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

People with this type struggle with feelings of sadness, poor impulse control, and compulsive tendencies. People with this type have trouble shifting their attention and tend to get stuck on worrisome or depressing thoughts, thoughts of food, or compulsive behaviors. They tend to struggle with problems with attention span, forethought, impulse control, organization, motivation, and planning. They may start their day with good intentions, but when feelings of sadness, depression, boredom, loneliness, low self-esteem, guilt, helplessness, hopelessness,

worthlessness, or pain issues arise they have trouble controlling their behavior and tend to use food or other substances to medicate their feelings. People with this type also tend to hold grudges and have problems with oppositional or argumentative behavior.

The most common brain SPECT findings for this type include:

- decreased activity in the PFC, which is commonly associated with low brain dopamine and norepinephrine levels
- increased activity in the anterior cingulate gyrus, which is commonly caused by low brain serotonin levels
- increase activity in the deep limbic areas of the brain

Action Plan

- Learn how to distract yourself when you get a thought in your head more than three times
- Structured goal setting
- Learn how to kill the ANTs or automatic negative thoughts (see [ANTs-Feel Better Fast](#) for ANT-killing exercises)
- Intense exercise (see the [Body Gym](#) for more on exercise)
- A balanced diet between high quality protein and high quality carbohydrates (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Dietary supplements such as green tea, 5HTP, inositol, saffron and SAME found in a combination of [*Focus & Energy Optimizer, Serotonin Mood Support, and SAME Mood & Movement Support*](#)

Types 3, 5 Impulsive-Compulsive-Anxious

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type struggle with feelings of anxiety, poor impulse control, and compulsive tendencies. People with this type have trouble shifting their attention and tend to get stuck on

anxious or worrisome thoughts, thoughts of food, or compulsive behaviors. They tend to struggle with problems with attention span, forethought, impulse control, organization, motivation, and planning. They may start their day with good intentions but when feelings of anxiety, tension, nervousness, fear, panic, or self-doubt come up they have trouble controlling their behavior and tend to use food or other substances to medicate their feelings. They may also suffer physical symptoms of anxiety as well, such as muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles. People with this type also tend to hold grudges and have problems with oppositional or argumentative behavior.

The most common brain SPECT findings for this type include:

- decreased activity in the PFC, which is commonly associated with low brain dopamine levels
- increased activity in the anterior cingulate gyrus, which is commonly caused by low brain serotonin levels
- increase activity in the basal ganglia, which is commonly associated with low GABA levels

Action Plan

- Learning how to distract yourself when you get a thought in your head more than three times
- Structured goal setting
- Learn how to kill the ANTs or automatic negative thoughts (see [ANTs-Feel Better Fast](#) for ANT-killing exercises)
- Meditation (go to the [Relaxation Room](#) for meditation sessions)
- Hypnosis (go to the [Relaxation Room](#) for hypnosis sessions)
- Diaphragmatic breathing
- Relaxing music
- Intense exercise (see the [Body Gym](#) for more on exercise)
- A balanced diet between high quality protein and high quality carbohydrates (see [Recipes & Tips](#) and [Tana's Tips](#) for recipes and more)
- Fish oil, such as [Omega-3 Power](#)
- Optimize [vitamin D](#) level
- Dietary supplements such as a combination of green tea, 5HTP, inositol, saffron, and GABA found in [Focus & Energy Optimizer](#), [Serotonin Mood Support](#), [GABA Calming Support](#)

Types 3, 4, 5 Impulsive-Compulsive-Sad-Anxious

Questions 1 – 10: “Flexible Thinking” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 11 – 20: “Focus/Impulse Control” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type struggle with feelings of anxiety and depression, poor impulse control, and compulsive tendencies. People with this type have trouble shifting their attention and tend to get stuck on anxious or depressing thoughts, thoughts of food, or compulsive behaviors. They tend to struggle with problems with attention span, forethought, impulse control, organization, motivation, and planning. They may start each day with good intentions, but when feelings of anxiety, depression, boredom, loneliness, low self-esteem, tension, nervousness, fear, panic, self-doubt, guilt, helplessness, hopelessness, or worthlessness come up they have trouble controlling their behavior and tend to use food or other substances to medicate their feelings. They may also suffer physical symptoms of anxiety as well, such as muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles. People with this type also tend to hold grudges and have problems with oppositional or argumentative behavior.

The most common brain SPECT findings for this type include:

- decreased activity in the PFC, which is commonly associated with low brain dopamine and norepinephrine levels
- increased activity in the anterior cingulate gyrus, which is commonly caused by low brain serotonin levels
- increased activity in the deep limbic areas of the brain
- overactivity in the basal ganglia, which is commonly associated with low GABA levels

Action Plan

- Learn how to distract yourself when you get a thought in your head more than three times
- Structured goal setting
- Learn how to kill the ANTs or automatic negative thoughts (see [ANTs-Feel Better Fast](#) for ANT-killing exercises)
- Meditation (go to the [Relaxation Room](#) for meditation sessions)
- Hypnosis (go to the [Relaxation Room](#) for hypnosis sessions)
- Diaphragmatic breathing
- Relaxing music
- Intense exercise (see the [Body Gym](#) for more on exercise)
- A balanced diet between high quality protein and high quality carbohydrates (see [Recipes & Tips](#) and [Tana’s Tips](#) for recipes and more)

- Fish oil, such as Omega-3 Power
- Optimize vitamin D level
- Dietary supplements such as 5HTP, green tea, SAME and GABA found in *Serotonin Mood Support, Focus & Energy Optimizer, SAME Mood & Movement Support, GABA Calming Support*

Types 4, 5 Sad-Anxious

Questions 21 – 30: “Mood Concerns” with at least 2 or more questions answered with a 3 or 4.

AND

Questions 31 – 40: “Stress and Anxiety” with at least 2 or more questions answered with a 3 or 4.

People with this type tend to use food or other substances to medicate underlying feelings of anxiety and sadness and to calm the emotional storms in their brains. They often struggle with feelings of anxiety, depression, boredom, loneliness, low self-esteem, tension, nervousness, fear, panic, self-doubt, guilt, helplessness, hopelessness, or worthlessness. They may suffer physical symptoms of anxiety and depression, such as chronic pain, muscle tension, nail biting, headaches, abdominal pain, heart palpitations, shortness of breath, and sore muscles. It is as if they have an overload of tension and emotion.

The most common brain SPECT findings for this type include:

- increased activity in the deep limbic areas of the brain
- decreased activity in the PFC, which is commonly associated with low brain dopamine and norepinephrine levels
- overactivity in the basal ganglia, which is commonly associated with low GABA levels

Action Plan

- Learn how to kill the ANTs or automatic negative thoughts (see ANTs-Feel Better Fast for ANT-killing exercises)
- Meditation (go to the Relaxation Room for meditation sessions)
- Hypnosis (go to the Relaxation Room for hypnosis sessions)
- relaxing music
- Intense exercise (see the Body Gym for more on exercise)
- A balanced diet between protein and complex carbohydrates (see Recipes & Tips and Tana’s Tips for recipes and more)
- Fish oil, such as Omega-3 Power
- Optimize vitamin D level
- Dietary supplements such as SAME and GABA found in *SAME Mood & Movement Support and GABA Calming Support*

About Amen Clinics, Inc.

Amen Clinics, Inc. (ACI) specializes in helping people heal from behavioral, learning, emotional, cognitive and weight issues for children, teenagers, and adults. ACI has an international reputation for evaluating and treating:

- Attention Deficit Disorder (ADD)
- Anxiety
- Depression
- School Failure
- Brain Trauma
- Obsessive Compulsive Disorders
- Bipolar Disorder
- Aggressiveness
- Marital Problems
- Substance Abuse
- Obesity
- Alzheimers Disease and Memory Loss

Brain SPECT imaging is one of the tools used by the Clinics. ACI has the world's largest database of brain SPECT scans related to behavioral problems. ACI welcomes referrals from physicians, psychologists, social workers, marriage and family therapists, drug and alcohol counselors, and individual clients.

Clinic Locations:

Southern California
4019 Westerly Place, Suite 100
Newport Beach, CA 92660

Pacific Northwest
616 120th Ave NE, Suite C100
Bellevue, WA 98005

Northern California
350 Chadcourne Road
Fairfield, CA 94534

East Coast
1875 Campus Commons Drive, Suite 101
Reston, VA 20191

Visit www.amenclinics.com or call 888-564-2700 for a consultation.

Amenclinics.com is an educational interactive brain website geared toward mental health and medical professionals, educators, students, and the general public. It contains a wealth of information to help you learn about our clinics and the brain. The site contains over 300 color brain SPECT images, thousands of scientific abstracts on brain SPECT imaging for psychiatry, a brain puzzle, and much, much more.

THE AMEN SOLUTION

www.theamensolution.com

Visit Dr. Amen's new online solution that will hold your hand and give you all the tools you need to get thinner, smarter and happier NOW, including:

- Detailed questionnaires, to help you know your BRAIN TYPE and personalize this program to your own individual needs. You will also be able to test your memory and get a personalized plan to get thinner, smarter, happier, AND learn how to decrease your risk of Alzheimer's disease.
- There is an interactive daily online journal to track your important numbers, calories, and brain healthy habits, like sleep and exercise – THIS IS THE SINGLE MOST IMPORTANT TOOL FOR IMPROVING YOUR HEALTH.
- There are hundreds of brain healthy recipes, tips, shopping lists, and menu plans.
- Plus, you will get an exclusive, award winning 24/7 BRAIN GYM MEMBERSHIP where you can test, work out and strengthen your brain to reduce stress, improve your memory and attention, and boost your mood. It is like having a personal trainer for YOUR OWN BRAIN. You will learn how your own brain works, train it specifically to fit your needs, and optimize your life. The brain gym has been described as "wildly fun...the positive thinking exercises have carried me through the day...."
- In addition, we will send you daily tips and even text messages to help you remember your supplements and stay on track to get healthy NOW.
- And whenever you feel sad, mad, nervous, or out of sorts, we will have exercises to help you boost your mood, decrease depression and help you feel better fast.
- Plus much, much more.
- The online program is your personal guide to getting thinner, smarter and happier.