

## Sympathetic/Parasympathetic Shock Questionnaire

Perhaps you are wondering if shock is affecting you.  
Take this questionnaire to discover  
the effect of shock in your life.

On a scale from 0-5 (with 5 being most true), how true is this statement for you? Put the number in the box.

### *Sympathetic Shock*

- Do you experience yourself as a “work-a-holic”?
- Do you often make to-do lists with more than 3 things on them?
- Do you keep adding to these lists, even before you complete all the tasks?
- Does looking at your to-do list give you anxiety?
- Do you wake up at night with more things to add to it?
- Do you find yourself obsessing about all the things you haven’t done?
- Do you often find yourself rushing through things without even enjoying the experience?
- Are you aware of “rushing” your children or family members with phrases like, “Hurry up,” “Let’s go,” and “Get a move on it!”
- Do you often feel like you are breathing so fast that you almost can’t catch your breath?
- Do you often feel like a failure because you can’t accomplish everything you have set out for yourself to do?
- Do you often volunteer and promise way more things to do for others than you have time to do?
- Do you find yourself apologizing for things you weren’t able to do?
- Have you noticed yourself talking rapidly, where people almost can’t understand what you are saying?
- Has your doctor told you that you have high blood pressure, prescribed anti-anxiety drugs, or suggested that you have your heart checked?
- Have you actually had a heart attack or an anxiety attack? Do you grind your teeth, or have high blood pressure or other stress related medical issues?

**Total** \_\_\_\_\_



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On a scale from 0-5 (with 5 being most true), how true is this statement for you? Put the number in the box.

### ***Parasympathetic Shock***

- Do you often feel numb, shut down, or disconnected from yourself?
- Have friends or family members complained because you seem uninterested in what they are doing?
- Do you have difficulty knowing what you are feeling in different situations?
- Have you had the experience of “missing out on life” or not really enjoying it the way you should be?
- Do you seem to sleep more than others?
- Do you sometimes “nod out” while attempting to listen to friends, family members, or clients?
- Do you space out a lot while watching television, being on your computer, or playing games?
- Do you prefer to just withdraw and be by yourself, not wanting to connect with others?
- Do you sometimes feel very confused, like your head is spinning?
- Do your eyes feel blurry, not due to any medical condition?

**Total** \_\_\_\_\_

**A score of 12 in either category indicates that shock may be affecting your:**

- ability to accomplish what you want to in your life;
- relationships with those you love;
- ability to truly experience your life on a daily basis;
- awareness levels.

How shock is affecting my life:

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