

Name: _____ Date: _____

Reactivity/vitality/suppression questionnaire

Please answer each question with a number from 1 to 7. One means at no time. Seven means all the time. Four means half the time.

Reactivity:

- 1. I can and do have strong reactions to foods. _____
- 2. I can and do have strong reactions to light. _____
- 3. I can and do have strong reactions to sounds. _____
- 4. I can and do have strong reactions to clothing touching my skin..... _____
- 5. I can and do have strong reactions to weather changes..... _____
- 6. I and do have strong reactions to medications..... _____
- 7. I can and do have strong reactions to smells outdoors..... _____
- 8. I can and do have strong reactions to smells indoors..... _____
- 9. I can and do have strong reactions to not eating when I need to..... _____
- 10. I react strongly to what others I know well say or do..... _____
- 11. Things can, unpredictably have a big effect on me..... _____
- 12. I have to be very careful at times because I don't know what might happen..... _____
- 13. I am suddenly shocked by my reactions - but then I remember I do these kinds of things..... _____
- 14. Over the long term I run into a lot of depraved people who hurt me..... _____
- 15. Over the long term I run into a lot of angry people who hurt me..... _____
- 16. My friends have a hard time being around me..... _____
- 17. My parents had a hard time being around me..... _____
- 18. I pretty much devote my time to my child..... _____
- 19. Most of the time I have very little energy..... _____
- 20. I have to pace myself very, very, very carefully..... _____
- 21. People disappoint me more than I think they should..... _____
- 22. I feel so frustrated..... _____
- 23. I can't predict what will happen..... _____
- 24. I have to do everything myself..... _____
- 25. I keep forgetting how stupid and lazy people are..... _____
- 26. To get it done right I have to do it myself..... _____
- 27. I have trouble sleeping because of the noise..... _____
- 28. I have trouble sleeping because of the pain..... _____
- 29. If I talk on my cell for very long my head hurts..... _____

Suppression

- 1. Things used to, unpredictably have a big effect on me, but no longer do..... _____
- 2. I almost forgotten how terribly embarrassing things used to be for me..... _____
- 3. My friends used to have a hard time being around me..... _____
- 4. I can't get anywhere as much done now as I used to..... _____
- 5. I find myself struggling in my mind..... _____

Vitality

- 1. I can do an amazing amount without fatigue..... _____
- 2. I can do an amazing amount without pain..... _____
- 3. I have no problems with the weather..... _____
- 4. I have no problems with foods..... _____
- 5. I have no problems with medications..... _____
- 6. It's hard to get me upset..... _____
- 7. People find me even tempered..... _____