

LENS Reactivity/Vitality/Suppression Questionnaire

Name _____

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.

1. I can and do have strong reactions to foods.
2. I can and do have strong reactions to weather changes.
3. I can and do have strong reactions to medications.
4. I can and do have strong reactions to smells outdoors.
5. I can and do have strong reactions to smells indoors.
6. I can and do have strong reactions to not eating when I need to.
7. I react strongly to what others, whom I know well, say or do.
8. Things can, unpredictably, have a big effect on me.
9. I have to be careful at times because I don't know what might happen.
10. I am suddenly shocked by my reactions – but then I remember I do these kinds of things.
11. Over the long term I run into a lot of depraved people who hurt me.
12. Over the long term I run into a lot of angry people who hurt me.
13. My friends have a hard time being around me.
14. My parents had a hard time being around me.
15. I pretty much devote my time to my child.
16. Most of the time I have very little energy.
17. I have to pace myself very, very, very carefully.
18. People disappoint me more than I think they should.
19. I feel so frustrated.
20. I can't predict what will happen.
21. I have to do everything myself.
22. I keep forgetting how stupid and lazy people are.
23. To get it done right I have to do it myself.
24. I have trouble sleeping because of the noise.
25. I have trouble sleeping because of the pain.
26. Things used to, unpredictably, have a big effect on me, but no longer do.
27. I have almost forgotten how terribly embarrassing things used to be for me.
28. My friends used to have a hard time being around me.
29. I can't get anywhere as much done now as I used to.
30. I find myself struggling in my mind.
31. I can do an amazing amount without fatigue.
32. I can do an amazing amount without pain.
33. I have no problems with the weather.
34. I have no problems with foods.
35. I have no problems with medications.
36. It's hard to get me upset.
37. People find me even tempered.