

Rate Your Amygdala's Emotional Reactivity

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Is your amygdala set at an appropriate level of reactivity? Or does it mislead you to become angry too often and too intensely? Use the following scale to rate your emotional reactivity.

- 0** I have no emotional reactions. I am like a robot.
- 1-2** I am slow to react with fear or anger. I live my life in a friendly mellow mode and probably underreact to actual dangers.
- 3-5** I react with appropriate concern when I see a danger in my world.
- 6-7** I seem to be more emotional, anxious, or quick to get mad than most people. I often feel stressed. My emotional reactivity bothers my family members and sometimes embarrasses me.
- 8-10** I'm emotionally super-intense. My emotions make my life difficult. I feel agitated often and intensely. I may not show my emotional reactions publicly, but my emotions sometimes do cause me to misinterpret benign situations as threatening, to strike out with aggressive actions, and to say harsh words that that I later regret. My frequent anger interferes with being able to enjoy close, smooth, long-term relationships.

I would rate my amygdala's reactivity level at ____.