

Neuroplastic Symptom Questionnaire

Many people wonder why their symptoms won't improve, their body so fragile or why doctors can't find anything wrong. However, as is true for ALL the healing arts, having an accurate diagnosis predicates effective treatment, and often people have been given the wrong diagnosis.

Look carefully over the following list of questions about the nature of your persistent symptoms and work it through to the end. Depending on your answers, this may indicate a different kind of cause and a possible explanation as to why your symptoms have not improved.

1 - Do you have multiple symptoms that are different in type (back pain AND fatigue; or headaches, digestive problems AND insomnia; or neck pain, anxiety, bladder urgency, AND tinnitus)?

2 - Have your doctors or other practitioners completed diagnostic testing without finding a definite cause for your symptoms (beyond age-related changes like arthritis/disc bulges, being overweight, "wear and tear"; or vague explanations like non-Celiac gluten "intolerance", mold sensitivity, a weak core, too much inflammation, or "just bad genes")?

3 - Do you have a history of prior symptoms in your childhood/college/30's/etc (any chronic pain, anxiety or depression, digestive or bladder problems, ADHD, an eating disorder, headaches, any addiction, significant insomnia, OCD, fatigue)?

4 - Do your symptoms vary in severity without obvious physical changes (some days 3 out of 10 and other days 7 out of 10; or you can walk 2 miles some days and other days only 2 blocks before symptom onset; or at times you can have some gluten and others you can't have any before it upsets your GI tract; or they're worse during the week, but reliably better on weekends)?

5 - Would you be upset if you discovered that a child you care about is experiencing everything you did as a child?

6 - Do you tend to frequently check on, worry about, research, think of ways to escape, feel very frustrated by, or dread your symptoms and their triggers throughout the day?

7 – Are your symptoms triggered by things that don't have to do with the body or area in question, like changes in the weather, foods, strong smells, specific sounds, certain lights, time of day, screens, or menses?

8 – Did your symptoms begin around a time of intense stress, trauma, great frustration, or loss – or after an event that triggered strong memories of the above?

9 – Do you tend to be very self-critical, a perfectionist, overly conscientious, a worrier, a people-pleaser, often insecure/doubtful of yourself, frequently tense, or get easily overwhelmed/angered?

10 - Have your symptoms changed over time, migrating to different locations in the body (usually in right leg, but it has moved to the left; low back pain in the morning, but it moves to upper-back or neck pain in the afternoon; formerly painful intercourse, but now crampy, irritable bowels), or are your symptoms symmetrical (both wrists; entire right side of body)?

11 - Did your symptoms begin without an injury or long after one (you "woke up with it" or "must have slept wrong"; it gradually developed "out of nowhere"; the suspected acute injury was more than 3 days prior to symptom onset; or you attribute it to an "old" injury like in high school or a car accident from years ago)?

12 – Are your symptoms triggered/worsened by stressful situations (prior to school or work; "the holidays"; a social gathering), or are they less severe/frequent when you are engaged in something enjoyable or distracting (events w/ friends; weekends/vacation; some situation that feels safe or fun for you)?

13 – Have you tried numerous treatments including traditional (medications, PT, injections, surgical procedures), alternative (massage, chiropractic, acupuncture, Reiki, herbal or vitamin supplement), or a NOVEL treatment (a famous practitioner, renowned modality, high-tech intervention), and only achieved temporary or minimal benefit?

Now that you've finished the survey, look over your responses. If you answered "yes" to more than a few (or any of the first 5 questions), that's good news because it indicates your symptoms may have a neuroplastic cause, not just structural, & can be resolved with the Insight Medicine!