How I Feel About My Memory

Name: ____________________________ Date: __________________

Below are statements about feelings that people may have about their memory. Read each statement and think about your feelings over the past two weeks. Then, check the box next to the response that best describes how much you agree or disagree.

1. I am generally pleased with my memory ability.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

2. There is something seriously wrong with my memory.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

3. If something is important, I will probably remember it.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

4. When I forget something, I fear that I may have a serious memory problem, like Alzheimer’s disease.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

5. My memory is worse than most other people my age.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

6. I have confidence in my ability to remember things.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

7. I feel unhappy when I think about my memory ability.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

8. I worry that others will notice that my memory is not very good.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

9. When I have trouble remembering something, I’m not too hard on myself.
   □ Strongly Agree □ Agree □ Undecided □ Disagree □ Strongly Disagree

Please turn page over to complete the questionnaire.
10. I am concerned about my memory.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

11. My memory is really going downhill lately.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

12. I am generally satisfied with my memory ability.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

13. I don’t get upset when I have trouble remembering something.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

14. I worry that I will forget something important.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

15. I am embarrassed about my memory ability.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

16. I get annoyed or irritated with myself when I am forgetful.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

17. My memory is good for my age.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree

18. I worry about my memory ability.

☐ Strongly Agree  ☐ Agree  ☐ Undecided  ☐ Disagree  ☐ Strongly Disagree
Memory Mistakes

Name: _______________________________________ Date: ____________________

Below is a list of common memory mistakes that people make. Decide how often you have done each one in the last two weeks. Then, check the box next to the appropriate response.

1. Forget to pay a bill on time.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

2. Misplace something you use daily, like your keys or glasses.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

3. Have trouble remembering a telephone number you just looked up.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

4. Not recall the name of someone you just met.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

5. Leave something behind when you meant to bring it with you.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

6. Forget an appointment.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

7. Forget what you were just about to do; for example, walk into a room and forget what you went there to do.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

8. Forget to run an errand.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

9. In conversation, have difficulty coming up with a specific word that you want.
   - [ ] All the Time
   - [ ] Often
   - [ ] Sometimes
   - [ ] Rarely
   - [ ] Never

Please turn page over to complete the questionnaire.
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<tr>
<td>10. Have trouble remembering details from a newspaper or magazine article you read earlier that day.</td>
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<td>11. Forget to take medication.</td>
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<td>12. Not recall the name of someone you have known for some time.</td>
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<td>13. Forget to pass on a message.</td>
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<td>14. Forget what you were going to say in conversation.</td>
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<td>15. Forget a birthday or anniversary that you used to know well.</td>
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<td>Rarely</td>
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<td>16. Forget a telephone number you use frequently.</td>
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<td>17. Retell a story or joke to the same person because you forgot you already told him or her.</td>
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<td>Rarely</td>
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<td>18. Misplace something that you put away a few days ago.</td>
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<td>Often</td>
<td>Sometimes</td>
<td>Rarely</td>
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<td>19. Forget to buy something you intended to buy.</td>
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<td>All the Time</td>
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<td>Rarely</td>
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<td>20. Forget details about a recent conversation.</td>
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<td>All the Time</td>
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<td>Sometimes</td>
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Use of Memory Strategies

Name: _______________________________ Date: ____________________

People often use different tricks or strategies to help them remember things. Several strategies are listed below. Decide how often you used each one in the last two weeks. Then, check the box next to the appropriate response.

1. Use a timer or alarm to remind you when to do something.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

2. Ask someone to help you remember something or to remind you to do something.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

3. Create a rhyme out of what you want to remember.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

4. In your mind, create an image of something you want to remember, like a name and face.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

5. Write things on a calendar, such as appointments or things you need to do.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

6. Go through the alphabet one letter at a time to see if it sparks a memory for a name or word.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

7. Organize information you want to remember; for example, organize your grocery list according to food groups.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

8. Say something out loud in order to remember it, such as a phone number you just looked up.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

9. Use a routine to remember important things, like checking that you have your wallet and keys when you leave home.
   - □ All the Time □ Often □ Sometimes □ Rarely □ Never

Please turn page over to complete the questionnaire.
10. Make a list, such as a grocery list or a list of things to do.

- All the Time  - Often  - Sometimes  - Rarely  - Never

11. Mentally elaborate on something you want to remember; for example, focus on a lot of the details.

- All the Time  - Often  - Sometimes  - Rarely  - Never

12. Put something in a prominent place to remind you to do something, like putting your umbrella by the front door so you will remember to take it with you.

- All the Time  - Often  - Sometimes  - Rarely  - Never

13. Repeat something to yourself at increasingly longer and longer intervals so you will remember it.

- All the Time  - Often  - Sometimes  - Rarely  - Never

14. Create a story to link together information you want to remember.

- All the Time  - Often  - Sometimes  - Rarely  - Never

15. Write down in a notebook things that you want to remember.

- All the Time  - Often  - Sometimes  - Rarely  - Never

16. Create an acronym out of the first letters in a list of things to remember, such as carrots, apples, and bread (cab).

- All the Time  - Often  - Sometimes  - Rarely  - Never

17. Intentionally concentrate hard on something so that you will remember it.

- All the Time  - Often  - Sometimes  - Rarely  - Never

18. Write a note or reminder for yourself (other than on a calendar or in a notebook).

- All the Time  - Often  - Sometimes  - Rarely  - Never

19. Mentally retrace your steps in order to remember something, such as the location of a misplaced item.

- All the Time  - Often  - Sometimes  - Rarely  - Never