

Satisfaction

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 a box to indicate how much you agree or disagree with the statement.

1. My memory is worse than most other people my age.

Strongly Agree Agree Undecided Disagree Strongly Disagree

2. I have confidence in my ability to remember things.

Strongly Agree Agree Undecided Disagree Strongly Disagree

3. I feel unhappy when I think about my memory ability.

Strongly Agree Agree Undecided Disagree Strongly Disagree

4. My memory is really going downhill lately.

Strongly Agree Agree Undecided Disagree Strongly Disagree

5. I am generally satisfied with my memory ability.

Strongly Agree Agree Undecided Disagree Strongly Disagree

6. I don't get upset when I have trouble remembering something.

Strongly Agree Agree Undecided Disagree Strongly Disagree

7. I worry that I will forget something important.

Strongly Agree Agree Undecided Disagree Strongly Disagree

8. I am embarrassed about my memory ability.

Strongly Agree Agree Undecided Disagree Strongly Disagree

9. I worry about my memory ability.

Strongly Agree Agree Undecided Disagree Strongly Disagree

Ability

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. Have trouble remembering a telephone number you just looked up.

All the Time Often Sometimes Rarely Never

2. Not recall the name of someone you just met.

All the Time Often Sometimes Rarely Never

3. Leave something behind when you meant to bring it with you.

All the Time Often Sometimes Rarely Never

4. 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

5. Forget to run an errand.

All the Time Often Sometimes Rarely Never

6. Forget what you were going to say in conversation.

All the Time Often Sometimes Rarely Never

7. Forget a birthday or anniversary that you used to know well.

All the Time Often Sometimes Rarely Never

8. Misplace something that you put away a few days ago.

All the Time Often Sometimes Rarely Never

9. Forget details about a recent conversation.

All the Time Often Sometimes Rarely Never

Strategy

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. Say something out loud in order to remember it.

All the Time Often Sometimes Rarely Never

2. Create a rhyme out of what you want to remember.

All the Time Often Sometimes Rarely Never

3. In your mind, create an image of something you want to remember, like a name and face.

All the Time Often Sometimes Rarely Never

4. 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

5. Mentally elaborate on something you want to remember; for example, focus on the details.

All the Time Often Sometimes Rarely Never

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

All the Time Often Sometimes Rarely Never

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

All the Time Often Sometimes Rarely Never

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

All the Time Often Sometimes Rarely Never

9. Write a note or reminder for yourself.

All the Time Often Sometimes Rarely Never
