

HCL-33-EA

Have you noticed:	Yes	No
1. He/she needs less sleep		
2. He/she is more energetic and more active		
3. He/she is more self-confident		
4. He/she enjoys his/her work more		
5. He/she is more sociable (makes more phone calls, goes out more)		
6. He/she wants to travel and/or does travel more		
7. He/she tends to drive faster or take more risks when driving		
8. He/she spends more money/too much money		
9. He/she takes more risks in daily life (in his/her work and/or other activities)		
10. He/she is physically more active (sport, etc.)		
11. He/she plans more activities or projects		
12. He/she has more ideas, is more creative		
13. He/she is less shy or inhibited		
14. He/she wears more colourful and more extravagant clothes/make-up		
15. He/she wants to meet or actually does meet more people		
16. He/she is more interested in sex and/or is more sexually active		
17. He/she talks more		
18. He/she thinks faster		
19. He/she makes more jokes or puns when talking		
20. He/she is more easily distracted		
21. He/she engages in lots of new things		
22. His/her thoughts jump from topic to topic		
23. He/she does things more quickly and/or more easily		
24. He/she is more impatient and/or gets irritable more easily		
25. He/she can be exhausting or irritating for others		
26. He/she gets into more quarrels		
27. His/her mood is higher, more optimistic		
28. He/she drinks more coffee		
29. He/she smokes more cigarettes		
30. He/she drinks more alcohol		
31. He/she takes more drugs (sedatives, anxiolytics, stimulants...)		
32. He/she games or gambles more		
33. He/she eats more or binges more		