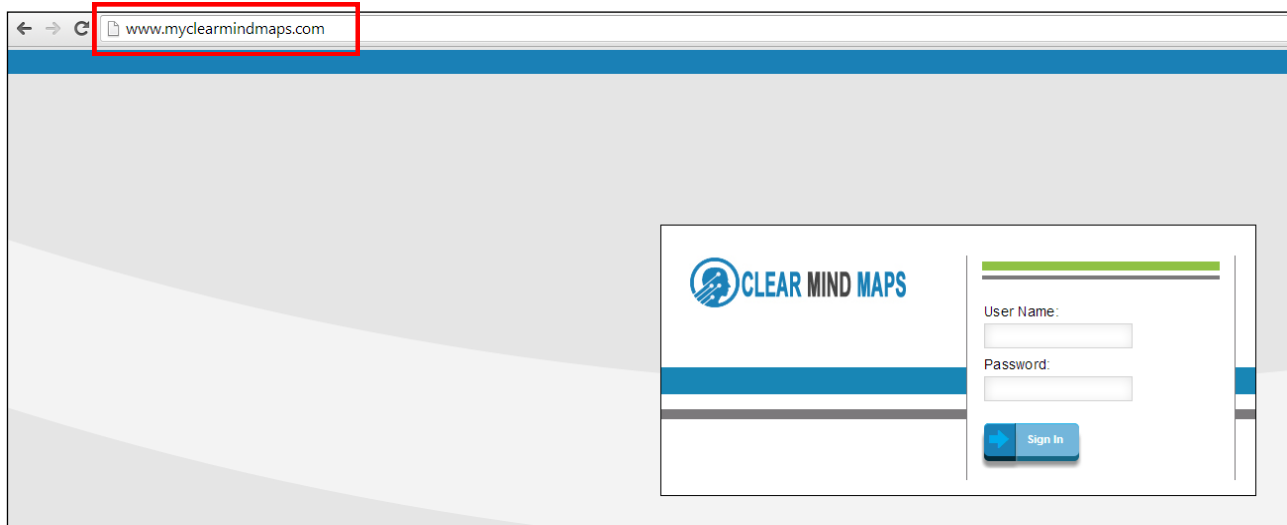
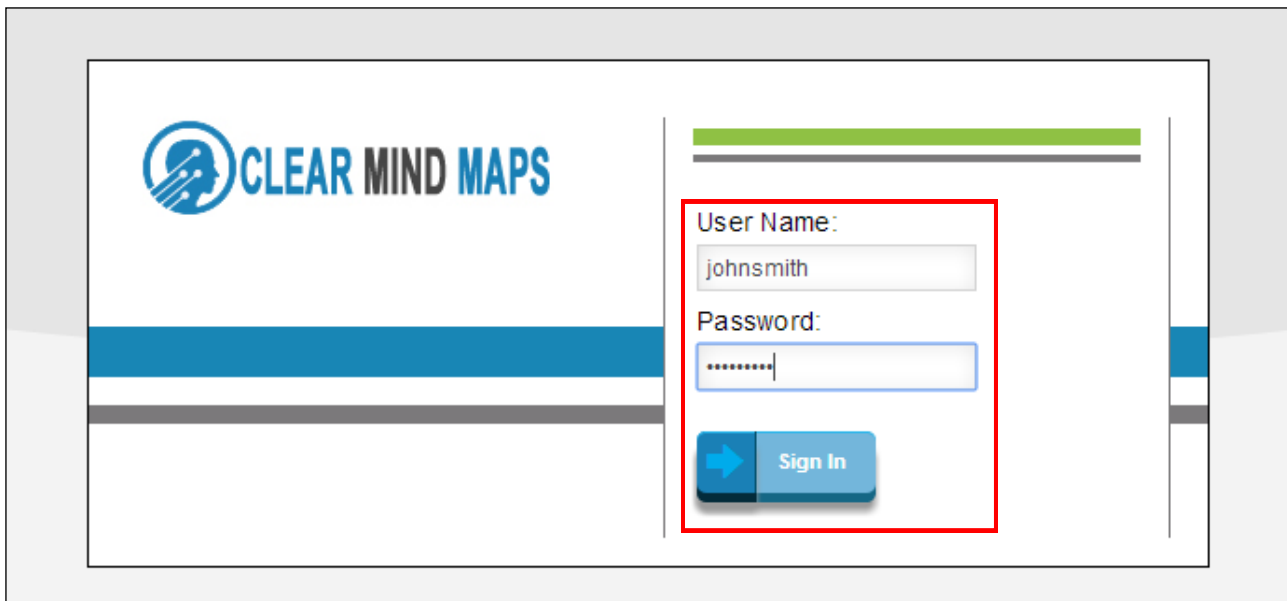


How to use myclearmindmaps.com website

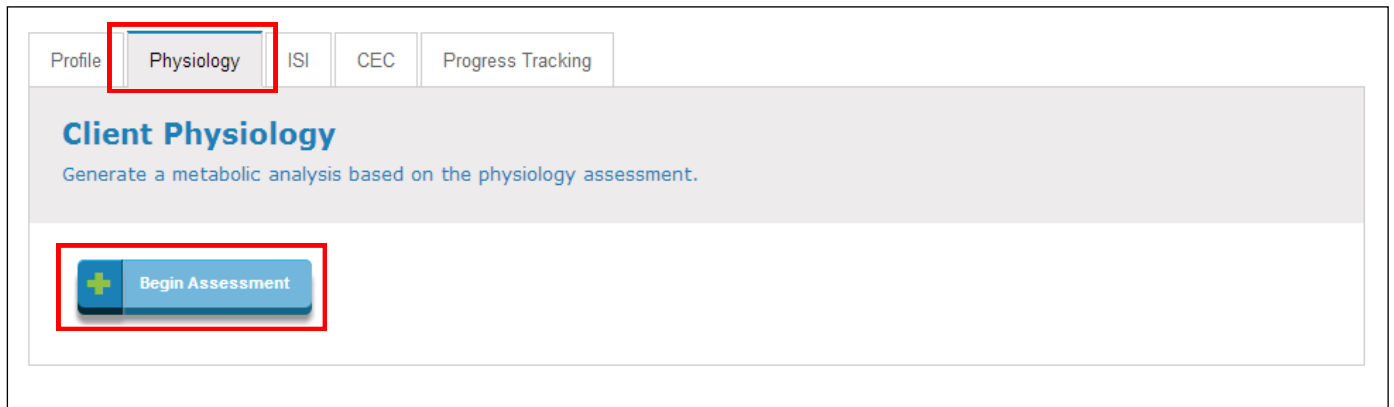
1. Open your preferred web browser and navigate to www.myclearmindmaps.com.



2. Enter the username and password provided by your neurofeedback clinician or doctor. Then click on "Sign In"



3. Next click on the Physiology tab then click on the “Begin Assessment” button just below the Physiology tab.



4. You will now notice that all of the questions in the survey have two boxes that require your input. If a symptom applies to you click on the severity box and the frequency box and input the severity and frequency of that symptom. If a symptom does not apply to you leave it alone and move to the next symptom. At the end of every set of questions you will have the option to save and continue later or to click on the next button and continue with the survey.

Completed Date: 03/04/2014

Let's Get Started...

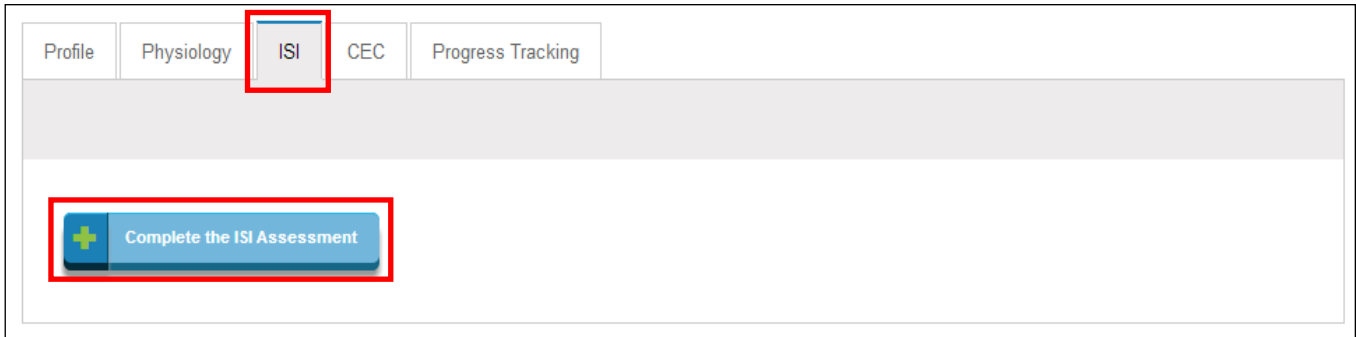
0 %

Symptom	Severity	Frequency
Abdominal bloating	Nothing	Never
Headaches	Nothing	Never
Abdominal pain	Nothing	Never
Heart palpitations	Nothing	Never
Insomnia	Nothing	Never
Stomach Pain	Nothing	Never
Joint pain	Nothing	Never
Lump in throat	Nothing	Never
Heart racing	Nothing	Never
Back pain	Nothing	Never

Cancel Save and Continue Later Next

PLEASE PRESS THE SAVE BUTTON BEFORE MOVING ON OR YOUR INFORMATION WILL NOT SAVE. PLEASE PRESS

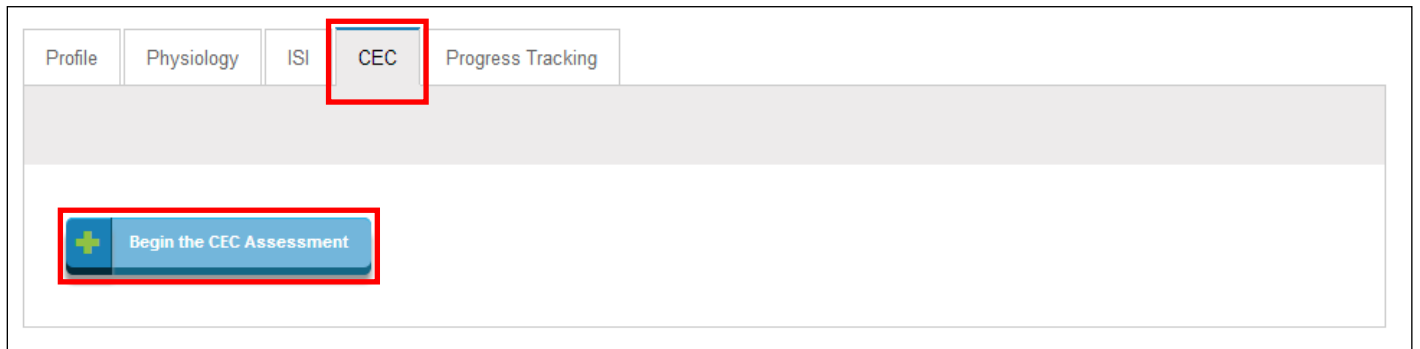
5. Next click in the ISI tab and then click on the "Complete the ISI Assessment" button.



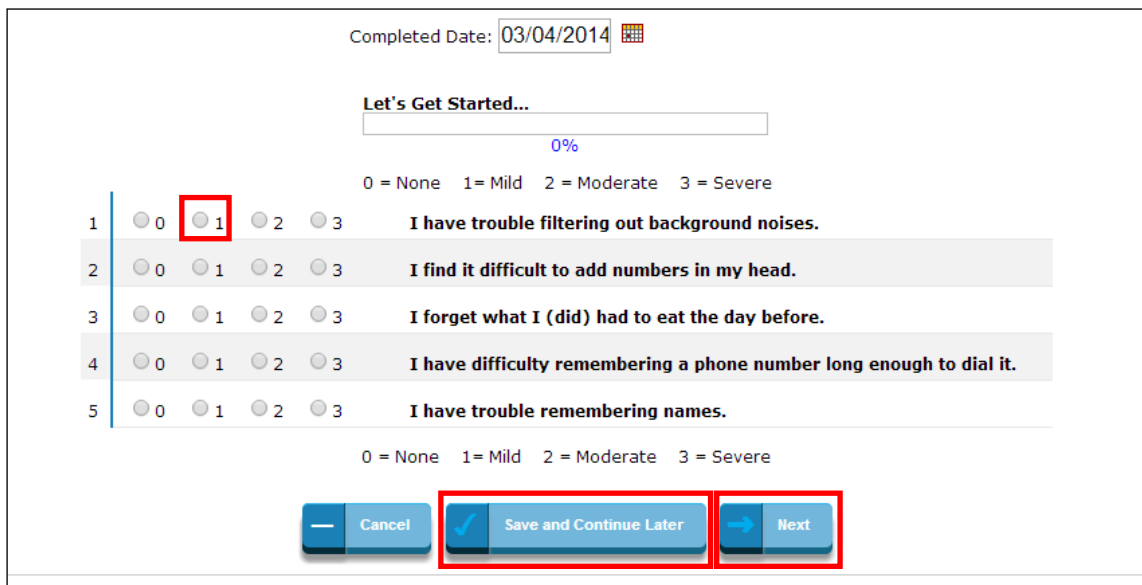
6. Use the key above the question to help you answer the ISI survey. A rating of 1 would indicate low, little, or never and a rating of 5 would indicate hi, a lot, or always. At the end of every set of questions you will have the option to save and continue later or to click on the next button and continue with the survey.



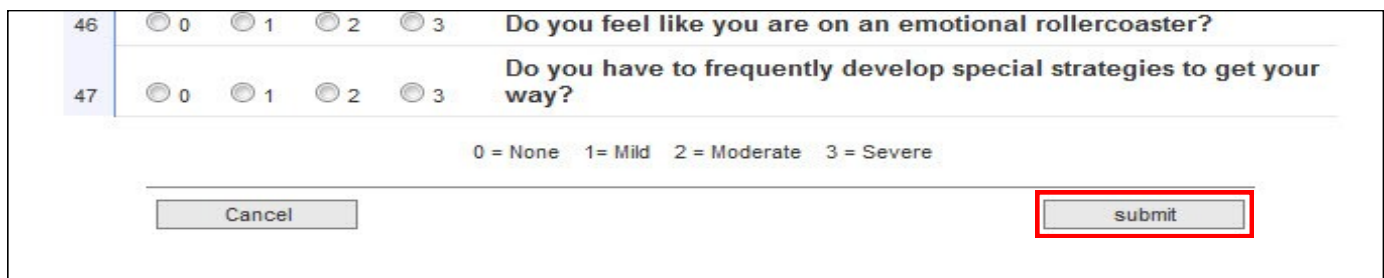
7. Now click on the “CEC” tab that is located just to the left of the “ISI” tab you were just at. Click on the button that says “Begin the CEC Assessment”.



8. Use the key above the question to help you answer the CEC survey. At the end of every set of questions you will have the option to save and continue later or to click on the next button and continue with the survey.



9. When you have completed the survey click on the submit button at the bottom right hand side of the survey.



Progress tracker for clients going through active training

1. Click on the "Progress Tracking" button then click on the "Begin Tracker" button.

Completed By	Create Date
Client	03/04/2014

2. Use the key above the question to help you answer the Progress Tracker. A rating of 1 would indicate low, little, or never and a rating of 10 would indicate hi, a lot, or always. At the end of click on the "Save" button at the end of the progress tracker.

RATE THE YOURSELF ON A SCALE OF 1 TO 10, REGARDING EACH ITEM BELOW.
USE 1 AS LOW, LITTLE, FEW, OR POOR AND 10 AS HI, A LOT, ALL THE TIME, OR EXCELLENT.

Completed Date: 03/04/2014

1 Concentration
● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

2 Short Term Memory
● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

3 Quality Of Sleep
● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

4 Appetite
● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

20 Organization
● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

21 Agitation
● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

Notes

*AN EMOTION LASTS FOR 20 MIN. TO AN HR, A MOOD LAST FOR SEVERAL HRS, DAYS, WEEKS.
**IMPULSIVITY INCLUDE DISORGANIZATION, FOOT IN MOUTH, IMPULSE BUYING, BLOWING UP AT PEOPLE.

Cancel Save