

# 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.

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

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

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

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

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

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

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4. My memory is really going downhill lately.

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

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5. I am generally satisfied with my memory ability.

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

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

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

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7. I worry that I will forget something important.

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

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8. I am embarrassed about my memory ability.

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

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9. I worry about my memory ability.

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

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# 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.

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

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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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

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5. Forget to run an errand.

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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9. Forget details about a recent conversation.

☐ All the Time    ☐ Often    ☐ Sometimes    ☐ Rarely    ☐ Never

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# 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