



Behavioral Health
Consulting Solutions

AAMM					
Please rate each statement from 0 (Never) to 4 (Very Often)					
Statements	0 Never	1 Rarely	2 Sometimes	3 Often	4 Very Often
1. I pretend to be "fine" when I'm not.					
2. I hide signs that I'm struggling to keep up or maintain relationships.					
3. I suppress strong emotions until I feel physical symptoms.					
4. I am overly cautious about talking too much or interrupting others during conversations.					
5. I focus extremely hard during conversations to ensure I don't miss anything.					
6. I mimic others in social situations to fit in.					
7. I obsessively check my belongings to prevent loss.					
8. I write everything down, so I don't forget.					
9. I create specific systems to organize my paperwork and belongings.					
10. I often take on too much responsibility to make up for my perceived faults.					
11. I try to maintain perfectionist standards.					
12. I overdo tasks to the point of exhaustion to prove my capability.					
13. I constantly try to appear that I am in control when around others, even when I'm not.					
14. I suppress certain behaviors to avoid criticism or judgment.					
15. I hide my struggles to avoid appearing less capable to others.					
16. I have difficulties focusing on tasks for extended periods of time.					
17. I am unable to relax before appointments due to worries about being late.					
18. I always arrive excessively early for appointments.					
19. I am overly conscientious about the cleanliness of my living or working space.					
20. I feel a strong need to organize tasks or projects meticulously.					
21. I tend to listen extremely carefully during conversations to the point of mental exhaustion.					
22. I push myself to extreme lengths to complete tasks, even to the point of physical exhaustion.					
23. I suppress excess physical energy to appear calm to others.					
24. I hide hyperactive tendencies, even if they make me feel uncomfortable.					
25. I suppress stimming behaviors so as not to disturb others.					
26. I feel guilt and shame when I hide my struggles.					
27. I strive for perfectionism to cope with feelings of inadequacy.					
28. I am overly apologetic due to forgetfulness or a perceived lack of focus.					
Column Totals					
Overall Total					



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Scoring Criteria	
0-22	Exhibits very few of these behaviors overall.
23-44	Exhibits these behaviors rarely.
45-67	Occasionally exhibits these behaviors.
68-89	Often exhibits these behaviors.
90-112	Very often exhibits these behaviors.
Note: These scores should only be used as a preliminary guide and do not replace professional evaluations. It's always best to consult with a professional if you have any concerns about your mental health.	
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