

Fidgety Phil

- **Is forgetful**
- **Is restless or hyperactive**
- **Interrupts or intrudes on others**
- **Has difficulty waiting his or her turn**
- **Is fidgety, in constant motion.**
- **Is noisy, has hard time being quiet.**
- **Acts as if “driven by a motor”**
- **Talks excessively**
- **Is impulsive**

Fiery Fred

- Is angry or aggressive
- Is sensitive to noise, light, clothes. or touch
- Has frequent or cyclic mood changes (highs and lows)
- Is inflexible, or rigid in thinking
- Insists on having his or her own way, even when told no multiple times
- Has sensation that thoughts go fast

Fiery Fred

- Has periods of means, nasty, or insensitive behavior.
- Has periods of excessive talkativeness
- Has periods of excessive impulsivity
- Displays grandiose or larger than life thinking
- Talks fast
- Appears anxious or fearful

Messy Marva

- **Makes careless mistakes**
- **Has trouble with time
(Last minute projects)**
- **Has a tendency to lose things**
- **Appears apathetic or unmotivated**
- **Is forgetful**



Messy Marva

- **Is easily distracted**
- **Has difficulty sustaining attention span for most task in play, school, or work.**
- **Has trouble listening when others are talking**
- **Has difficulty following through (procrastinating) on tasks or instructions**
- **Has difficulty keeping an organized area (room, desk, book bag, locker, etc.).**

Messy Marva

- Daydreams excessively
- Complains of being bored
- Is tired sluggish or slow moving
- Is spacey or seems preoccupied



Hot Head Ted

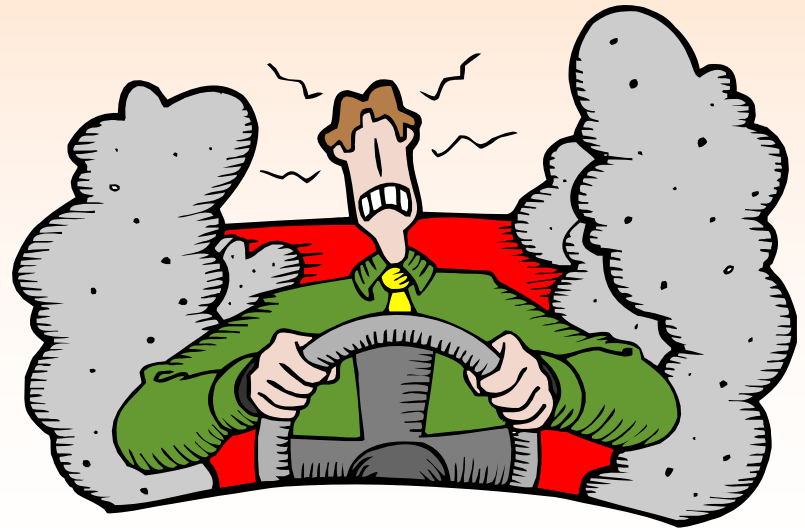
- **Has periods of quick temper or rages with little provocation**
- **Misinterprets comments as negative when they are not**
- **Has tendency to become increasingly irritable, then explode (often tired after rage)**
- **Has periods of spaciness or confusion**
- **Has periods of panic and/or fear for no specific reason.**
- **Is sensitive or mildly paranoid.**
- **Frequent periods of Déjà vu.**

Hot Head Ted

- **Imagine visual changes, shadows**
- **Experiences headaches or abdominal pain of uncertain origin.**
- **Has history of head injury or family history of violence or explosiveness.**
- **Has dark thoughts, may involve suicidal tendencies**

Hot Head Ted

- **Has periods of forgetfulness or memory problems.**
- **Has a short fuse or period of extreme irritability**

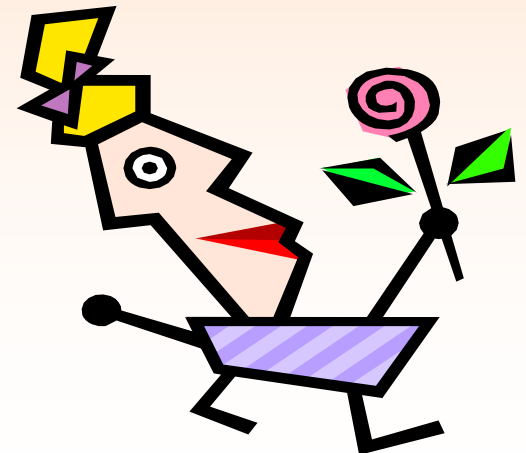


Worrying Wanda

- Worries excessively or senselessly.
- Is oppositional and argumentative.
- Has strong tendency to get locked into negative thoughts, having the same thought over.
- Has the tendency toward compulsive behaviors.
- Has a tendency to hold grudges
- Has trouble shifting attention from subject to subject.
- Has difficulties seeing options in situations.

Worrying Wanda

- Has tendency to hold to his or her own opinion and not listen to others
- Has tendency to get locked into a course of action, whether or not it is good for him or her
- Needs to have things done a certain way or becomes very upset.
- Is criticized by others for worrying to much.



Idle Lil

- **Moodiness**
- **Negativity**
- **Low energy**
- **Frequent irritability**
- **Frequent feelings of hopelessness, helplessness, or excessive guilt**



Idle Lil

- Lowered interest in things that are usually considered fun
- Sleep changes (too little or too much)
- Chronic low self-esteem

