

ADAM HELLER'S

ZERO PAIN NOW

Do You Have DPS? Quiz

The following quiz is to assist you in deciding if you have DPS. Carefully consider and answer each question. After completing the quiz add your points and determine the probability that you have DPS. Always visit a qualified medical doctor to rule out organic disease. DPS produces symptoms including pain, burning, tingling, numbness, and/or weakness.

27-45 points

15-26 points

0-14 points

Very likely you have DPS

Possible you have DPS

Unlikely you have DPS

1. Have you experienced pain, tingling, burning, numbness or weakness for more than 6 weeks or has discomfort returned to an old area of injury?

Yes _____

5 points

No _____

0 points

2. Does your level or frequency of pain change during times of higher stress or emotion?

Always/Almost always _____

5 points

Sometimes _____

3 points

Never _____

0 Points

3. Does your pain move around--even slightly?

Frequently _____

5 points

Sometimes _____

3 points

Never _____

0 Points

4. Are you very dependable, controlling, spiritual, do-gooder, perfectionistic, sensitive to criticism, people pleaser, compulsive or hard on yourself?

Four or more of these characteristics_____ 5 points

One to three of these characteristics_____ 3 points

None of these characteristics_____ 0 points

5. Do you have any history of Gastrointestinal or other tension related problems such as IBS, constipation, ulcer, gastritis, reflux, tension or migraine headaches, hives, eczema, or any other tension related issues?

2 or more_____ 5 points

1_____ 3 points

0_____ 0 points

6. Have you tried and had limited, temporary or no success with other methods of curing your pain such as surgery, drugs, physical therapy, acupuncture, chiropractor, exercise, pain clinics etc.?

2 or more_____ 5 points

1_____ 3 points

0_____ 0 points

7. Do you find that applying heat or ice provides temporary relief?

Yes_____ 5 points

No _____ 0 points

8. Do you find that exercise or movement of any kind temporarily reduces your level of discomfort?

Yes_____ 5 points

No _____ 0 points

9. Does your level of pain or discomfort ever change when you are distracted or have a change in lifestyle such as a vacation?

Always/Almost always_____ 5 points

Sometimes_____ 3 points

Never_____ 0 Points

10. Have you been told any of the following? Surgery will not (or has not) help, you have a soft tissue problem, something is pressing on a nerve, your problem is degenerative?

Yes_____ 5 points

No _____ 0 points