

SUBJECTIVE MEMORY ASSESSMENT

PEOPLE'S NAMES	RARELY	SOMETIMES	OFTEN		
Recognizing a face but forgetting the person's name	1	2	3	4	5
Having to ask someone's name twice	1	2	3	4	5
Not being able to introduce someone when you see them out of context (e.g., running into a coworker at the movies)	1	2	3	4	5
Someone greets you using your name and you can't recall the person's name to greet them back	1	2	3	4	5
Scanning through the alphabet to try to remember someone's name	1	2	3	4	5
TOTAL THE CIRCLED NUMBERS _____					

DIFFICULTY FINDING THINGS AND PLACES	RARELY	SOMETIMES	OFTEN		
Objects you frequently use (glasses, keys, cell phone)	1	2	3	4	5
A parked car in a large lot	1	2	3	4	5
Receipts, tickets, documents	1	2	3	4	5
A store, business, or friend's home you've visited before	1	2	3	4	5
Things you rarely use (a book, file, etc.)	1	2	3	4	5
TOTAL = _____					

TIP-OF-THE-TONGUE	RARELY	SOMETIMES	OFTEN		
Trying to remember the title of a movie you just saw or a book you just read	1	2	3	4	5
Trouble finding the correct word for something	1	2	3	4	5
Knowing the answer to a question but it just won't come to mind	1	2	3	4	5
Not recalling what you wanted to say	1	2	3	4	5
Substituting an alternate word because you can't come up with the word you want	1	2	3	4	5
TOTAL = _____					

EVENTS AND PLANS	RARELY	SOMETIMES	OFTEN		
Forgetting an appointment or errand	1	2	3	4	5
Not remembering why you walked into a room	1	2	3	4	5
Forgetting to bring something important with you (e.g., a gift, file, etc.)	1	2	3	4	5
Coming home from the market without the original item you went for	1	2	3	4	5
Not remembering to call someone back	1	2	3	4	5
TOTAL = _____					

ATTENTIVENESS	RARELY	SOMETIMES	OFTEN		
Forgetting something someone just told you	1	2	3	4	5
Having to reread a paragraph you already read	1	2	3	4	5
Trouble following instructions or directions	1	2	3	4	5
Having to ask a question multiple times	1	2	3	4	5
Forgetting whether you already told somebody something	1	2	3	4	5
TOTAL = _____					

**ADD THE TOTALS TOGETHER FOR
SUBJECTIVE MEMORY SCORE**
