

Heal Your Hormones

Mood/Cravings Assessment

Name		Date	
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Please rate each from 1 - 10 with 10 being extreme

TYPE 1: Low Serotonin		TYPE 2: Low Catecholamines	
	Afternoon or evening cravings		Cravings for stimulation from sugar, chocolate, caffeine, cocaine
	Negativity, depression		Depression with apathy
	Worry, anxiety		Lack of energy
	Low self-esteem		Lack of drive
	Obsessive thoughts or behaviors		Easily bored
	Controlling		Lack of focus
	Perfectionism		Lack of concentration
	Winter blues		ADD
	Irritability, rage, PMS		
	Dislike hot weather		
	Panic attacks, phobias		
	Fibromyalgia, TMJ, other pain		
	Suicidal thoughts		
	Night-owl, hard to get to sleep		
	Insomnia, disturbed sleep		
	Typical sleep hours (times): _____ to _____		

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TYPE 3: Low GABA		TYPE 4: Low Endorphins	
	Crave carbs, alcohol or drugs for relaxation		Crave comfort, reward or numbing treats
	Stressed and burned out		“Love” certain foods, behaviors, drugs or alcohol
	Unable to relax or loosen up		Sensitive to emotional or physical pain
	Stiff or tense muscles		Cry or tear up easily
	Often feel easily overwhelmed		
Low blood sugar			
	Crave sugar, starch or alcohol		
	Irritable, shaky, headaches – especially if too long between meals		

Adapted from The Mood Cure by Julia Ross, M.A.

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