

## The Craving Type Questionnaire

### TYPE 1, The Depressed Craver

*Are your cravings caused by a deficiency of serotonin, your brain's inner sunshine?*

- \_\_\_  Your cravings are strongest toward the dim end of the day—in the afternoon or evening.
- \_\_\_  You eat to get to, or get back to, sleep.
- \_\_\_  You wake up in the night and head for the fridge.
- \_\_\_  You crave more (and perhaps gain more) in fall and winter. Your mood is worse in winter, too. You tend to be negative, depressed, or pessimistic.
- \_\_\_  You frequently worry or feel anxious.
- \_\_\_  You have frequent feelings of low self-esteem, guilt, or shame.
- \_\_\_  You are obsessed with certain thoughts or behaviors (e.g., your body, your weight, biting your nails, pulling your eyelashes out).
- \_\_\_  You are a perfectionist or a neat freak. You tend to be controlling with others. You are subject to irritability or anger.
- \_\_\_  You have panic attacks.
- \_\_\_  You have phobias: fear of heights, small spaces, crowds, snakes, etc.
  
- \_\_\_  You are hyperactive.
- \_\_\_  You often have a nervous stomach (knots, butterflies).
- \_\_\_  You are a night owl or have middle of the night insomnia.
- \_\_\_  You suffer pain from headaches, TMJ, or fibromyalgia.
- \_\_\_  You are using or have used an SSRI antidepressant drug (like Zoloft, Lexapro, or Prozac) with some benefit.

*Your symptom total: \_\_\_\_\_ (Each check mark equals a score of one.)*

*If your symptom score is over 7, especially if most of your severity ratings are over 3, you are a Type 1 Depressed Craver.*

## **TYPE 2, The Crashed Craver**

*Are your cravings caused by blood sugar deficits?*

- Your cravings for sugar or starch are stronger when you have skipped or delayed a meal.
- You tend to skip breakfast and/or other meals.
- Your cravings spike later in the day if you've skipped any earlier meals.
- You suspect you have (or you have been diagnosed with) hypoglycemia.
  
- You are diabetic or pre-diabetic. (Your blood sugar levels rise too high, but drop too low at times, as well.) You get dizzy, shaky, or headachy if you go too long between meals.
- You find it harder to concentrate when you go too long without healthy meals.
- You can get irritable, or blow up, if you go too long without full meals.
  
- You feel more stressed the fewer regular meals you eat. Hypoglycemia, diabetes, or alcoholism run in your family. You are drawn to alcohol on a regular basis.

*Your symptom total: \_\_\_\_\_ (Each check mark equals a score of one.)*

*If your symptom score is over 4, especially if your severity ratings are mostly over 3, you are a Type 2 Crashed Craver.*

### **TYPE 3, The Comfort Craver**

*Are your cravings caused by a deficiency of pleasuring endorphins?*

- \_\_\_  You crave—no, love—certain foods. They are treats that give you feelings of pleasure, enjoyment, or reward and taste “sooo good.”
- \_\_\_  You think of your comfort foods as your best friends.
- \_\_\_  Chocolate is particularly beloved.
- \_\_\_  You get extra pleasure if you read, watch TV, or play with the computer pad, or phone while you eat.
- \_\_\_  You are very sensitive to emotional or physical pain.
- \_\_\_  You often feel sad, lonely, or hurt.
- \_\_\_  You tear up or cry easily; even at TV commercials.
- \_\_\_  You adore animals and need their loving company.
- \_\_\_  You get a high from bulimic bingeing or purging or from restricting calories.
- \_\_\_  You have a history of chronic physical pain from back or other injuries, or have chronic emotional pain from unresolved trauma or protracted personal ordeals.
- \_\_\_  You are a dough lover—bread, cookies, and pasta are at the top of your list. You have trouble eating even whole wheat products moderately.
- \_\_\_  Cheese, ice cream, frozen yogurt, butter, and even milk are irresistible.
- \_\_\_  Dough and milk combined are your top treats: crackers and cheese, pizza, macaroni and cheese or the ultimate, dough and milk with chocolate—chocolate cheesecake, and cookie dough ice cream.
- \_\_\_  You may also crave certain other substances or activities that give you similar feelings: painkillers, pot or alcohol; serious aerobic exercise, porn, or self-harm.

*Your symptom total: \_\_\_\_\_ (Each check mark equals a score of one.)*

*If your symptom score is over 6, especially if most of your severity ratings are over 3, you are a Type 3 Comfort Craver.*

## **TYPE 4, The Stressed Craver**

*Do you crave because your brain's levels of calming GABA are too low?*

- \_\_\_  You are overstressed or burnt out.
- \_\_\_  You reach for snack food to counteract stress.
- \_\_\_  You are unable to relax and loosen up easily.
- \_\_\_  You have stiff, tense, or painful muscles.
- \_\_\_  Your mind is cluttered and it's hard to focus.
- \_\_\_  It's hard to meditate, pray, or be mindful, still, or at peace.
- \_\_\_  You feel easily overwhelmed.
- \_\_\_  You can feel close to panic.
- \_\_\_  You don't get away on regular vacations to relax, rest, and regenerate.
- \_\_\_  It is hard to get to sleep (or stay asleep) at times because of the above symptoms. You are drawn to alcohol on a regular basis.

*Your symptom total: \_\_\_\_\_ (Each check mark equals a score of one.)*

*If your symptom score is over 4, especially if most of your severity ratings are over 4, you are a Type 4 Stressed Craver.*

## **TYPE 5, The Fatigued Craver**

*Do you crave an energy boost because you're deficient in naturally stimulating catecholamines?*

- You gravitate toward the stimulant effect of caffeine, coffees, sodas (including artificially sweetened ones), iced teas, energy drinks, or anything chocolate.
- Your energy is on the low side.
- You frequently feel the need to be more alert and focused.
- You are low in drive and motivation.
- Sweets give you a "pick-me-up."
- You have trouble concentrating, or have attention problems.
- You are easily bored and feel the need for some excitement.
- You have tried, and liked, stimulant drugs like Ritalin, Adderall, diet pills, methamphetamine, cocaine.

*Your symptom total: \_\_\_\_\_ (Each check mark equals a score of one.)*

*If your symptom score is over 4, especially if most of your severity ratings are mostly over 3, you are a Type 5 Fatigued Craver.*