



Mood Questionnaire

Mood	0=no issues	1=moderate	2=Yup, this is me
Low GABA			
Anxiety and feeling overwhelmed or stressed			
Feeling worried or fearful			
Panic attacks			
Unable to relax or loosen up			
Stiff or tense muscles			
Feeling stressed and burned-out			
Craving carbs, alcohol, or drugs for relaxation and calming			
Low Serotonin			
Anxiety			
Panic attacks or phobias			
Feeling worried or fearful			
Obsessive thoughts or behaviors			
Perfectionism or being overly controlling			
Irritability			
Anxiety that's worse in winter			
Winter blues or seasonal affective disorder			
Negativity or depression			
Suicidal thoughts			
Excessive self-criticism			
Low self-esteem and poor self-confidence			
PMS or menopausal mood swings			
Sensitivity to hot weather			
Hyperactivity			
Anger or rage			
Digestive issues			
Fibromyalgia, joint syndrome, pain			
Difficulty getting to sleep			
Insomnia or disturbed sleep			
Afternoon or evening cravings for carbs, alcohol or drugs			



Mood	0=no issues	1=moderate	2=Yup, this is me
Low Catecholamines			
Depression and apathy			
Easily bored			
Lack of energy			
Lack of focus			
Lack of drive and low motivation			
Attention deficit disorder			
Procrastination and indecisiveness			
Craving carbs, alcohol, caffeine, or drugs for energy			
Low Endorphins			
Heightened sensitivity to emotional pain			
Heightened sensitivity to physical pain			
Crying or tearing up easily			
Eating to soothe your mood, or comfort eating			
Really, really loving certain foods, behaviors, drugs, or alcohol			
Craving a reward or numbing treat			
Low Blood Sugar			
Crave sugar, starch or alcohol any time during the day			
Irritable, shaky, headachey – especially if too long between meals			
Intense cravings for sweets			
Lightheaded if meals are missed			
Eating relieves fatigue			
Agitated, easily upset, nervous			