

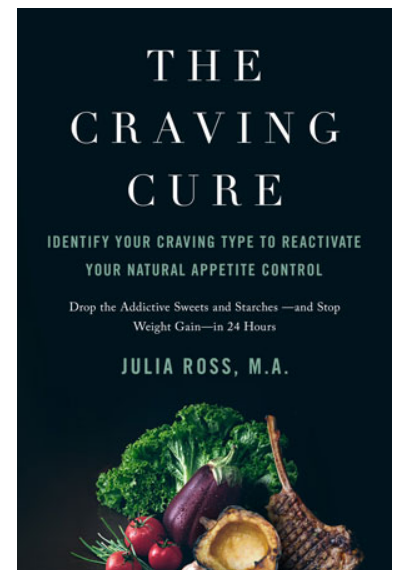
The Craving Type Questionnaire

from *The Craving Cure* by Julia Ross

Step 1. To determine your *total symptom score*, check off each symptom statement below that accurately describes you on a typical day. Each check mark equals a score of one. When you finish a section, add up the number of checks to get your symptom total. If your total is over the cut-off, you have that Craving Type.

Step 2. To determine your *severity rating* on a scale of 0 to 10, rate the *strength* of each symptom on the blank line next to any box you've checked off. A rating of 1 indicates a rare and/or quite weak symptom; a 10 indicates a daily and powerful symptom.

Step 3. Enter all five of your Step 1 symptom totals into the Profile Graph [here](#). That will give you a quick visual perspective: How many Craving Types do you have? How high above the cut-off are your scores? How does your profile compare to the example profile of one of Julia's clients, which you'll find in the book.



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 prediabetic. (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.