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.*