

Name \_\_\_\_\_

Date \_\_\_\_\_

## THE MOOD TYPE QUESTIONNAIRE

**Scoring:** Before you start scoring, take a deep breath and remember that the symptoms you circle below are *not* your fault.

Circle the number next to each symptom that you identify with. Total your score in each section and compare it to the cut-off score at the bottom of each section.

### Type 1. Under A Dark Cloud

- 3 Do you tend to be negative, to see the glass as half-empty rather than half-full? Do you tend to be pessimistic, a catastrophizer?
- 3 Are you often anxious or worried?
- 3 Do you have feelings of low self-esteem? Lack confidence? Do you easily get to feeling self-critical or guilty?
- 3 Do you have obsessive, repetitive, angry, frightened or meaningless thoughts that you can't turn off—for instance, when you're trying to get to sleep?
- 3 Does your behavior get a bit, or a lot, obsessive? Is it hard for you to be flexible? Are you a perfectionist, a neatnik, or a 'control freak'?
- 4 Do you really dislike the dark weather or have a definite fall/winter depression (SAD)?
- 2 Are you apt to be irritable, impatient, or edgy?
- 2 Have you had anxiety attacks or panic attacks (your heart races, it's hard to breathe)? Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, crowds, leaving the house, or anything else?
- 2 Do you get PMS or menopausal moodiness (anger, depression)?
- 3 Are you hyperactive?
- 2 Are you a night owl? Enjoy staying up late?
- 2 Do you often find it hard to get to sleep even though you want to?
- 2 Do you wake up in the night feeling angry or afraid?

- 3 Do you routinely like to have sweet or starchy snacks, wine, or cannabis (THC) in the afternoons or evenings (but not earlier in the day)?
- 2 Do you have symptoms of Tourette's Syndrome?
- 3 Have you had migraines or other headaches, fibromyalgia or TMJ ?
- 3 Have you benefitted from serotonin-targeted antidepressant drugs (SSRIs or SNRIs like Lexapro, or Effexor)?

**Total** \_\_\_\_\_ *If your score is more than 11, turn to Chapter 3.*

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## **Type 2. Suffering from the Blahs**

### ***Is it your Brain?***

- 3 Do you often feel the flat, bored, apathetic kind of depression?
- 2 Are you low in physical or mental energy?
- 2 Is your drive, enthusiasm, and motivation quota on the low side?
- 3 Do you have difficulty focusing or concentrating? Have ADD?
- 3 Do you use a lot of caffeine or chocolate to get more alert and motivated?
- 3 Have you benefitted from ADD drugs? Been drawn to uppers like cocaine or meth?

**Total** \_\_\_\_\_ *If your score is over 8, turn to Chapter 4, pages 53 - 65.*

### ***Is it your Thyroid?***

- 2 Do you feel tired a lot, have to push yourself to exercise?
- 2 Are you easily chilled, or have cold hands or feet?
- 2 Do you tend to put on weight too easily?
- 3 Do you have sparse outer eyebrows (or hair loss if female)?
- 3 Have any family members had the above symptoms or taken thyroid medication?

**Total** \_\_\_\_\_ *If your score is over 5, turn to Chapter 4, page 65*

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## **Type 3. Stress is a Real Problem**

### ***Is it your Brain?***

- 3 Do you often feel overworked, deadlined, or pressured?
- 3 Do you have trouble relaxing or loosening up?

- 3 Does your body tend to feel stiff, tight, or tense?
- 2 Are you easily upset, frustrated, or snappy under stress?
- 2 Do you have trouble concentrating?
- 2 Do you regularly use food, tobacco, alcohol, pot or benzos to relax and calm down?

**Total** \_\_\_\_\_ *If your score is more than 6, turn to Chapter 5, pages 89-97.*

***Is it your Adrenals?***

- 3 Are you sensitive to bright light, noise, or chemical fumes?
- 3 Do you wake up regularly in the night for no reason and have trouble getting back to sleep?
- 2 Do you use tranquilizers for stress or insomnia? (e.g., Xanax, Ativan, Klonopin)
- 3 Do you feel overwhelmed, burned out, or as though you just can't cope anymore?

**Total** \_\_\_\_\_ *If your score is more than 6, turn to Chapter 5, pages 77-93.*

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**Type 4. Too Sensitive to Life's Pain**

- 3 Do you consider yourself, or do others consider you, to be very sensitive?
- 3 Does emotional hurt really get to you?
- 3 Do you tear up or cry easily—for instance, even during TV commercials?
- 2 Do you tend to avoid dealing with painful issues?
- 3 Do you find it hard to get over losses or get through grieving?
- 4 Feel sad or lonely a lot, even when things are going well?
- 2 Have you been through a great deal of physical or emotional pain?
- 4 Do you crave pleasure, comfort, reward, enjoyment, or numbing from foods like chocolate, ice cream or bread? Romance novels? Alcohol, cannabis, opiates, gambling, or porn? Your cellphone? Gaming? Work? Exercise? Self-harm (e.g., cutting)?

**Total** \_\_\_\_\_ *If your score is more than 8, turn to Chapter 6.*

**Type 5. Have Hypoglycemic Mood Swings?**

- 4 Do you suspect you have (or have you been diagnosed with) “low blood sugar,” i.e., reactive hypoglycemia?
- 4 Do your blood sugar level drops below 60-70 on glucose tolerance tests?

- 3 Do hypoglycemia, diabetes, pre-diabetes, or alcoholism trouble you or run in your family?
- 3 Do you tend not to eat three nutritious meals a day?
- 2 Do you tend to rely on caffeine and sweet or starchy fast food?
- 3 Do you get desperate for a quick lift from sugar or caffeine?
- 3 Do your negative moods (and cravings for sugar or alcohol) dissipate as soon as you eat a good meal?
- 3 Do you get impatient, edgy and irritable or blow up when you skip or go too long without real meals?
- 3 Do you become anxious, weepy, or depressed when you skip or go too long without real meals?
- 3 Do you feel nervous, stressed, even frantic when you skip or go too long without real meals?
- 3 Do you feel dizzy, shaky, or headachy when you skip or go too long without real meals?
- 3 Do you have trouble concentrating or making good decisions when you skip or go too long without real meals?
- 4 Do you crave more sweets, starches, alcohol, or caffeine, when you skip or go too long without real meals?

**Total** \_\_\_\_\_ *If your total score is more than 10, see Chapter 5, pages 85, 86, 93, 94, and 97 (see also *The Craving Cure*, Chapter 7).*

*Caution:* If you have had life-threatening hypoglycemic episodes associated with diabetic meds or bariatric surgery, please consult your physician before attempting this nutrient approach.

**Next Steps:**

\*Purchase [The Mood Cure](#). Read the chapters dedicated to each of your mood types.

\* Purchase the 22-page eBook, [The Amino Aid Handbook: Rescuing Your Appetite and Mood from The Addicted Brain, 2024](#).

\*Meet with a coach at [Julia's virtual clinic](#)