

# Cravings Quiz

Begin here. Take the Quiz and keep track of the YESES.

## A. Does sugar keep you grounded?

- Do you get irritable and shaky between meals or if you skip a meal?
- Do you feel better after a meal?
- Your cravings for sugar or starch are stronger when you've skipped any earlier meals.
- You are diabetic or pre-diabetic (Your blood sugar levels rise too high, but drop too low at times too)
- You find it harder to concentrate when you go too long without healthy meals.
- You can get irritable if you go too long without full meals.

## B. Does sugar give you a mood lift?

- Does a chocolate bar or other sugary food make you feel all warm and fuzzy?
- Do you have trouble falling asleep or staying asleep?
- You eat to get to sleep, or get back to sleep.
- You are obsessed with certain thoughts or behaviors.
- You are hyperactive.
- You often have a nervous stomach (knots, butterflies)
- You suffer pain from headaches, TMJ or fibromyalgia?
- Do you have afternoon or evening cravings especially?
- Are you depressed, negative, worried or anxious?

## C. Does sugar give you energy?

- Do you need caffeine in the afternoon to keep you going?
- Do you have difficulty with focus, or motivation?
- Do you crave sugary or caffeinated foods or drinks for energy or focus?
- Do you feel apathetic, bored or flat without them?
- Are you depressed or negative?
- Do you lack energy or drive?

## D. Is sugar comforting?

- After a tough day at work does eating a pint of ice-cream help?
- Are you sensitive to emotional (or physical) pain?
- Do you cry or tear up easily?
- Do you often eat as a reward or for pleasure, comfort, or numbness?
- Do you think of your comfort foods as your best friend?

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## E. Is sugar calming?

- Do you eat chocolate-chip cookies or other sugary foods to stay cool, calm and collected?
- Do you crave alcohol?
- Do you have anxiety or panic attacks?
- Do you stiff and tense muscles?
- Do you crave foods for stress relief?
- Do you feel burned out or overwhelmed?

Total # of YESES: \_\_\_\_\_

Bring this handout with you to the training! I'll be sharing what each section means and the steps to supporting each one.

Meet right here in our FB Group for the training - [click here to join](#)

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Adapted from The Craving Cure by Julia Ross, M.A