

## The Dopamine "Self-Evaluation Screening"

Signs and Symptoms of your need for a "Dopamine Fast."  Note: All humans experience all of these symptoms from time to time this is different.	
Score yourself - 0 to 3	<ul> <li>0 = Never, can't relate</li> <li>1 = Seldom, but Present</li> <li>2 = Not Uncommon</li> <li>3 = Most of the Time</li> </ul>
<ul> <li>Experience strong unexp</li> <li>Emotional Instability</li> <li>"Busy Brain Syndrome"</li> <li>Binge Eating</li> <li>Binge Cravings espect</li> <li>Undesirable Mood Swing</li> <li>Feeling Uncomfortable</li> <li>Poor Self-Control giv</li> <li>Hungry/Eating when you</li> <li>Compulsive Activities</li> <li>Repetitive Activities A</li> <li>Indecisive lack of mot</li> <li>Easily Distracted Unfo</li> <li>Anti-Social Behavior o</li> <li>Mind is "Somewhere Els</li> <li>Anxious thoughts prevain</li> <li>Inconsistent Sleep quality</li> </ul>	'volatile" just won't stop racing thoughts  cially "Bad foods" gs Either Way/Direction Irritable(covert/overt) ving into/giving over to n just ate white screen/TV/news junky/social sites/ needless shopping ddictivelittle/no control ivationindifferent cused attention, crave distraction don't see yourself in the picture se"not where you are lDepression follows(zig/zag) yunexplainable nother room, while you sleep
10-39 > = You have an $9 \le 10^{-39}$ You have good	inealth-threatening condition: You need a " <b>Dopamine Fast.</b> " imbalance that needs attention: You need a " <b>Dopamine Fast.</b> " od control of your life.
occ The Dopanine Fast hal	ndout at <u>HealthQuestRadio.com</u> under <u>Healthy Handouts</u> .