



Dr. Carolyn Flanary

Amino Acids Mood Questionnaire

(By Trudy Scott)

Directions: Circle which ones apply.

Low GABA

- Feeling worried or fearful
- Panic attacks
- Unable to relax, loosen up.
- Stiff or tense muscles
- Feeling stressed and burned-out
- Craving carbs for relaxation and calming
- Craving alcohol for relaxation and calming
- Craving drugs for relaxation and calming
- Insomnia
- Have intrusive thoughts, perseverate, or an overactive brain or unwanted thoughts: unpleasant memories, images, worries.
- Inability to prioritize planned actions.
- Acrophobia (fear of heights)
- Poor focus
- Rectal spasms
- Burning mouth
- Visceral pain/belly pain with IBS

Low Serotonin

- Anxiety
- Panic attacks or phobias
- Feeling worried or fearful
- Obsessive thoughts or behaviors
- Perfectionism or being overly controlling
- Irritability
- Anxiety that's worse in winter
- Winter blues or seasonal affective disorder
- Negativity or depression
- Suicidal thoughts
- Excessive self-criticism
- Low self-esteem and poor self-confidence

- PMS or menopausal mood swings
- Sensitivity to hot weather
- Hyperactivity
- Anger or rage
- Digestive issues
- Fibromyalgia, temporomandibular joint syndrome, or other pain syndromes
- Difficulty getting to sleep
- Insomnia or disturbed sleep
- Afternoon or evening cravings for carbs, alcohol, or drugs

Low Catecholamines

- Depression and apathy
- Easily bored
- Lack of energy
- Lack of focus
- Lack of drive and low motivation
- Attention deficit disorder
- Procrastination and indecisiveness
- Craving carbs, alcohol, caffeine, or drugs for energy

Low Endorphins

- Heightened sensitivity to emotional pain
- Heightened sensitivity to physical pain
- Crying or tearing up easily
- Eating to soothe your mood, or comfort eating
- Really, really *loving* certain foods, behaviors, drugs, or alcohol
- Craving a reward or numbing treat

Low Blood Sugar

- Crave sugar, starch or alcohol any time during the day
- Irritable, shaky, headachy – especially if too long between meals
- Intense cravings for sweets
- Lightheaded if meals are missed
- Eating relieves fatigue
- Agitated, easily upset, nervous