



Do You Have a Dopamine/Norepinephrine Excess?

[Note: dopamine/norepinephrine excess often corresponds to an “Agitated Depression”, especially when coupled with a serotonin deficiency.]

Mark each of the following that describe you at this time:

- My mood is angry or irritable.
- I have insomnia.
- I have acid indigestion.
- My energy is restless and excessive, but at times I may feel extremely fatigued.
- I have an overactive mind, and am easily agitated.
- I have feelings of hostility.
- I am often driven or compulsive.
- I typically over-react to stress by becoming more upset or ill-tempered.
- I easily become critical or rejecting.
- I am usually unaware of feelings of low self-esteem.
- I tend to be rejecting in relationships.
- I am sensitive to changes in light, often feeling more wired or restless in spring or summer.
- I have strong emotional challenges with my monthly cycles (premenstrual syndrome, or PMS).

___ I have had problems with drug abuse or a family history of alcoholism or drug abuse.

___ I have high blood pressure.

Scoring:

1-5: mild dopamine/norepinephrine excess

6-10: moderate dopamine/norepinephrine excess

11-15: severe dopamine/norepinephrine excess

Remember that this is not *you*. It only describes you at this moment in time, and can be changed by following the *Pathways to Resilience*.