



Do You Have a Dopamine or Norepinephrine Deficiency?

[Note: Dopamine/Norepinephrine deficiency often corresponds to a “Sluggish Depression”]

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

- My mood is flat or depressed.
- I have trouble getting out of bed in the morning and tend to sleep too much.
- I easily put on weight even when I don't binge eat.
- My energy is lethargic.
- I have a sluggish mind, and am often inattentive.
- I have feelings of apathy and passivity.
- I may not like feeling stressed, but am slow to take action to change things.
- I am sensitive to criticism or rejection, and tend to turn inward as a result.
- I have feelings of low self-esteem, further causing me to withdraw.
- I tend to be isolated with few supportive relationships.
- I am sensitive to changes in light, becoming excessively tired with drastic changes in sleep patterns in winter.
- I have low sex drive, or I've had problems with impotence.
- I have poor memory.
- I have little interest or enjoyment.
- If I have any addictions, it tends to be nicotine, caffeine or stimulating drugs.

Scoring:

1-5: mild dopamine/norepinephrine deficiency

6-10: moderate dopamine/norepinephrine deficiency

11-15: severe dopamine/norepinephrine deficiency

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*.