



Do You Have a Serotonin Deficiency?

[Note: Serotonin deficiency often corresponds to an “Anxious Depression”]

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

- My mood is anxious or irritable.
- I have insomnia.
- I crave carbohydrates or binge eat.
- My energy is restless.
- I have an overactive mind, and am easily worried.
- I have feelings of insecurity.
- I am often impulsive.
- I have a low tolerance or over-reactivity to stress.
- I am highly sensitive to criticism or rejection.
- I have feelings of low self-esteem.
- I tend to be dependent in relationships.
- I am sensitive to changes in light (Seasonal Affective Disorder, or SAD).
- I have strong emotional challenges with my monthly cycles (premenstrual syndrome, or PMS).
- I have had problems with alcohol abuse or a family history of alcoholism.
- I have chronic pain.

Scoring:

- 1-5: mild serotonin deficiency
- 6-10: moderate serotonin deficiency
- 11-15: severe serotonin 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*.