



SUPER BRAIN PROGRAM

NEUROTRANSMITTER QUESTIONNAIRE

Neurotransmitter Questionnaire:

The goal of this quiz is to see if your body is struggling produce one or more of the major neurotransmitters involved in healthy brain function.

We have broken this into 5 sections:

- 1) **Wired and Tired**
- 2) **Memory Problems**
- 3) **Bored With Life**
- 4) **Stressed Out Mind**
- 5) **Sensitive and Hurting**

Steps to Take with These Results:

Fill this out as accurately as possible and add up your points to see your score

1st Answer = 0 points

2nd Answer = 1pt

3rd Answer = 2 pts

4th Answer = 3 pts

What To Do With Your Results:

Step 1: Figure out what your top 1 or 2 weak areas are and locate those on the Neurotransmitter strengthening protocols E-guide. Read through the areas where you are weakest and begin following the strategies discussed in the booklet.

Step 2: All of these conditions are related to adrenal fatigue, so be sure to read through the adrenal fatigue guide and begin following the helpful strategies to improve adrenal function.

Step 3: Retake the test every 4-6 weeks and compare to your original test to see how you are improving and any additional areas to focus on.

Wired and Tired:

1. **Do you suffer with frequent worry or anxiety?**

Never

Sometimes

Often

All the Time

2. **Do you notice an increase in depression around winter time?**

Never

Sometimes

Often

All the Time

3. **Do you enjoy staying up late at night on a regular basis?**

Never

Sometimes

Often

All the Time

4. Do you have light sleep or wake up often at night?

Never Sometimes Often All the Time

5. Do you get PMS or deal with menopausal moodiness (anger, sadness, depression, tears)? (If you are a woman of course). For men, do you experience moodiness?

Never Sometimes Often All the Time

6. Do you have low self-esteem or lack confidence often?

Never Sometimes Often All the Time

7. Do you easily get self-critical or feel guilty about things in your life?

Never Sometimes Often All the Time

8. Do you crave sweet or starchy snacks or wine in the afternoons, evenings or late at night?

Never Sometimes Often All the Time

9. Have you been diagnosed with fibromyalgia or suffer with unexplained muscle pain or TMJ (jaw tension and pain associated with grinding the jaw)?

Never Sometimes Often All the Time

10. Does your behavior ever get obsessive? Hard to be flexible with your plans, you are a perfectionist in your work or a neatfreak, or a control freak?

Never Sometimes Often All the Time

11. Do you find yourself easily addicted to work, a TV show or a video game, a food, sugar, alcohol, smoking, sex or anything else?

Never Sometimes Often All the Time

12. Do you find yourself being irritable, impatient, edgy or angry more than you should?

Never Sometimes Often All the Time

Total Score _____

If you score a 20 or above, you are probably experiencing symptoms of low serotonin. Serotonin is an inhibitory neurotransmitter and depletion of such can cause poor sleep, depression and anxiety.

Memory Problems:

1. Do you have trouble remembering words, phrases or names?

Never Sometimes Often All the Time

2. Do you struggle with constipation?

Never Sometimes Often All the Time

3. Do you feel like your brain is running slower than it used too?

Never Sometimes Often All the Time

4. Do you struggle with brain fog?

Never Sometimes Often All the Time

5. Do you regularly forget where you have placed things (like your keys)?

Never Sometimes Often All the Time

6. Do you find yourself making a lot of simple mistakes in your daily tasks?

Never Sometimes Often All the Time

7. Do you have difficulty remembering lists, directions or instructions?

Never Sometimes Often All the Time

8. Do you feel like you lack creativity or imagination?

Never Sometimes Often All the Time

9. Do you have difficulty finding the right words before you speak?

Never Sometimes Often All the Time

10. Do you feel disoriented at all throughout the day?

Never Sometimes Often All the Time

Total Score: _____

If your score is 18 or above you may have problems with acetylcholine deficiency. Acetylcholine is an excitatory neurotransmitter that is involved with learning, memory, imagination, creativity and cognitive acceleration.

Bored with Life:

1. Is your drive, enthusiasm and motivation in life lacking?

Never Sometimes Often All the Time

2. Do you often feel depressed, flat, bored or apathetic?

Never Sometimes Often All the Time

3. Do you feel like you lack physical or mental energy on a regular basis?

Never Sometimes Often All the Time

4. Do you feel chronically tired, no matter how well you slept the night before?

Never Sometimes Often All the Time

5. Is it challenging to focus or concentrate on things?

Never Sometimes Often All the Time

6. Are you easily cold or do you notice you have cold hands or feet?

Never Sometimes Often All the Time

7. Do you feel like you need stimulants like coffee and caffeine on a regular basis?

Never Sometimes Often All the Time

8. Do you feel like you are struggling to perform at your best in your career or daily tasks?

Never Sometimes Often All the Time

9. Are you lacking interest in sex?

Never Sometimes Often All the Time

10. Are you struggling to finish projects or tasks you have started?

Never Sometimes Often All the Time

Total Score: _____

If your score is 18 or above than you are probably experiencing symptoms of low dopamine, epinephrine and norepinephrine. These are excitatory neurotransmitters that give us drive, ambition and passion when they are in balance.

Stressed Out Mind

1. Do you regularly feel overworked or like you are falling behind with your daily tasks?

Never Sometimes Often All the Time

2. Do you have trouble relaxing or loosening up?

Never Sometimes Often All the Time

3. Is your body stiff and tight and take time to loosen up?

Never Sometimes Often All the Time

4. Are you easily upset and frustrated when under stress?

Never Sometimes Often All the Time

5. Are you sensitive to bright light, chemical fumes or loud noises?

Never Sometimes Often All the Time

6. Do you feel significantly worse if you skip meals or go a long time without eating?

Never Sometimes Often All the Time

7. Do you feel overwhelmed or as though you just can't get it all done?

Never Sometimes Often All the Time

8. Do you have trouble shutting off your mind, especially at night when trying to sleep?

Never Sometimes Often All the Time

9. Do you struggle with anxiety?

Never Sometimes Often All the Time

10. Do you have a tendency to say things you wish you had not?

Never Sometimes Often All the Time

Total Score: _____

If your score is 15 or more than you are probably experiencing symptoms associated with GABA deficiency and adrenal fatigue. GABA is an inhibitory neurotransmitter that calms the mind and helps to bring peace and relaxation to both the mind and body.

Sensitive and Hurting

1. Do you people tell you that you are too sensitive?

Never Sometimes Often All the Time

2. Do you tend to avoid dealing with painful issues?

Never Sometimes Often All the Time

3. Do you struggle to get losses, or grieving over deaths of friends or family?

Never Sometimes Often All the Time

4. Do you suffer from chronic back pain or headaches?

Never Sometimes Often All the Time

5. Taking pain killing medications doesn't seem to offer any relief?

Never Sometimes Often All the Time

6. Do you have a tendency to tear up easily?

Never Sometimes Often All the Time

7. Do you crave pleasure and comfort foods like chocolate, bread, wine, etc?

Never Sometimes Often All the Time

8. Do you feel like you don't have any fun in your life?

Never Sometimes Often All the Time

9. Do you feel super sensitive to pain? Light touch, light, sounds, etc. cause an aggravation of symptoms?

Never Sometimes Often All the Time

10. Nobody seems to understand the amount of emotional pain you are carrying around?

Never Sometimes Often All the Time

Total Score: _____

If your score is 15 or more you are probably experiencing symptoms associated with a loss of endorphins. Endorphins are feel good molecules your body produces that block pain receptors and give a sense of joy and euphoria.