

Happiness Hormone Quiz by Nick Lawrence, MA

You will need 5 colored markers or pens, one of them black. Do not use the black one until the very last activity (this means wait for instruction). Circle the number next to the questions where you answer "yes." Add up and transfer the point values below for your score.

Dopamine:

- (3) Do you often feel depressed?
- (3) Do you often feel bored?
- (3) Are you a thrill seeker or a risk taker?
- (3) Are you easily chilled or have cold hands or feet?
- (3) Do you feel the need to get more alert by consuming a lot of coffee or other "uppers" like sugar, diet soda or other substances?
- (2) Do you tend to put on weight too easily?
- (2) Are you low on physical or mental energy?
- (2) Do you feel tired frequently even if you slept well?
- (2) Do you have to push yourself to exercise?
- (2) Do you notice an inability to feel pleasure?
- (2) Is your drive/enthusiasm for life on the low side?
- (2) Do you have difficulty focusing or concentrating?

Add up your score and place it here: ____; color in your score on the graph

Endorphins:

- (3) Do you cry easily?
- (3) Do you feel you are overly sensitive compared to others?
- (3) Do you experience frequent emotional pain?
- (3) Are old emotional injuries stimulated easily?
- (3) Do you have frequent physical pain that is not from a specific injury?
- (3) Do you frequently crave mood altering substances like alcohol or drugs?
- (2) Have you lost interest in sex or do you crave it frequently?
- (2) Do you struggle with anxiety?

- (2) Have you had long-term stress?
- (2) Have you lost experiencing pleasure from things you once enjoyed very much?
- (2) Do you feel dread or a sense of “why bother?” frequently?
- (2) Do you engage in risky behaviors?

Add up your score and place it here: ____; color in your score on the graph

Oxytocin

- (3) Do you feel stressed frequently?
- (3) Do you feel tired frequently even when you slept well?
- (3) Do you feel disconnected from your relationships?
- (3) Do you feel disconnected from yourself?
- (3) Do you prefer to stay home than socialize?
- (3) Do you walk by people you and don't say hi because you don't want to interact?
- (2) Are you missing the warmth of love and connection?
- (2) Do you notice you haven't laughed in a while?
- (2) Do you notice you have lost your playfulness?
- (2) Do you hold onto anger?
- (2) Do you crave alcohol and or drugs every afternoon or evening?
- (2) Do you feel like you are all “gived” out?

Add up your score and place it here: ____; color in your score on the graph

Serotonin

- (3) Do you have a tendency to be negative?
- (3) Do you have dark, pessimistic thoughts?
- (3) Are you often worried or anxious?
- (3) Do you have feelings of low self-esteem?
- (3) Do you easily feel self-critical?
- (3) Do you often feel guilty?
- (2) Do you use easy-to-win computer games to relax?

(2) Are you a work addict?

(2) Are you apt to be irritable, edgy or angry?

(2) Are you a night owl finding it difficult to sleep?

(2) Do you wake up in the night, have restless sleep, or wake up too early in the morning?

(2) Do you routinely crave sweet or starchy snacks in the afternoon or evenings?

Add up your score and place it here: ____; color in your score on the graph

Cortisol: Each one is worth one point

- Do you gain weight mostly around your midsection or upper back?
- Do you gain weight with a rounding of your face?
- Do you have frequent acne?
- Is your skin thinning (unrelated to aging)?
- Do you bruise easily?
- Do you have a flushed face easily?
- Are you slow to heal?
- Do you have severe fatigue?
- Do you have purple stretchmarks?
- Are you irritable?
- Do you have difficulty concentrating?
- Do you have high blood pressure?
- Do you suffer from frequent headaches?
- Do you get burned out easily?
- Do you still feel tired after a night's sleep?
- Do you feel overextended easily?

For Cortisol, there is only a single point value. Add up the number of responses you circled and place your score here _____. Go to zero on the chart and plot your score in each direction. Wait for Nick to do this one!