



Brain Quiz

1) I crave:

- A. Chocolate and/or coffee and/or sugar
- B. I love fatty things like cream cheese, guacamole, and chocolate mousse
- C. I love bread, pasta, and salty snacks
- D. I don't care what it is, I just want enough of it to make me feel full

2) At work or school:

- A. I find it difficult to stay focused, have drops in energy, and procrastinate
- B. I can never remember what I just did, I may have to redial the phone multiple times, and can be slow to catch on.
- C. People can easily annoy me, I usually trust my ideas over others and sometimes feel others are out to get me.
- D. I get anxious and worry about every little thing so much so that I sometimes have trouble getting things done.