

Food desires and Aversions

In the following questions you are asked how much you desire or are averse to a particular food or taste. Please answer from the point of view of your natural desires, not your knowledge of nutrition. For example, you may never eat fatty meat because this is known to increase cholesterol, however you do love the taste of fat. Answer the question that you like fat. If you strongly desire or crave a food or taste, mark 10. If you detest a food or taste, mark 1.

Tastes:

- 1 2 3 4 5 6 7 8 9 10 Sweet
- 1 2 3 4 5 6 7 8 9 10 Sour
- 1 2 3 4 5 6 7 8 9 10 Salty
- 1 2 3 4 5 6 7 8 9 10 Bitter
- 1 2 3 4 5 6 7 8 9 10 Spicy (hot)
- 1 2 3 4 5 6 7 8 9 10 Smoked
- 1 2 3 4 5 6 7 8 9 10 Juicy
- 1 2 3 4 5 6 7 8 9 10 Refreshing
- 1 2 3 4 5 6 7 8 9 10 Pungent

Foods

- 1 2 3 4 5 6 7 8 9 10 Alcohol
- 1 2 3 4 5 6 7 8 9 10 Apples
- 1 2 3 4 5 6 7 8 9 10 Bacon
- 1 2 3 4 5 6 7 8 9 10 Bread alone
- 1 2 3 4 5 6 7 8 9 10 Bread with butter
- 1 2 3 4 5 6 7 8 9 10 Cheese
- 1 2 3 4 5 6 7 8 9 10 Chocolate
- 1 2 3 4 5 6 7 8 9 10 Coffee
- 1 2 3 4 5 6 7 8 9 10 Pastries
- 1 2 3 4 5 6 7 8 9 10 Eggs
- 1 2 3 4 5 6 7 8 9 10 Fat (meat, pork, chicken, etc.)
- 1 2 3 4 5 6 7 8 9 10 Fish
- 1 2 3 4 5 6 7 8 9 10 Fruit
- 1 2 3 4 5 6 7 8 9 10 Fruit (sour)
- 1 2 3 4 5 6 7 8 9 10 Grain products (pasta, bread, cereal, etc)
- 1 2 3 4 5 6 7 8 9 10 Ham
- 1 2 3 4 5 6 7 8 9 10 Ice
- 1 2 3 4 5 6 7 8 9 10 Ice Cream
- 1 2 3 4 5 6 7 8 9 10 Indigestible Things (chalk, clay, paper, etc.)

- 1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10

- Lemonade
- Meat
- Nut Butters
- Oysters
- Pickles
- Vegetables
- Vinegar

Temperature of Food

- Warm Food 1 2 3 4 5 6 7 8 9 10 Cold Food
- Warm Drinks 1 2 3 4 5 6 7 8 9 10 Cold Drinks

Do you notice any specific tastes in your mouth (e.g. metallic, bitter, foul, etc.)

How thirsty are you generally?

- Not At All 1 2 3 4 5 6 7 8 9 10 Very

Mental & Emotional State:

How strong in general are the following emotional symptoms? The most mark 10. The least mark 1.

Do you worry about any of the following? 10 means the most, 1 the least

- 1 2 3 4 5 6 7 8 9 10 Creative Activities
- 1 2 3 4 5 6 7 8 9 10 Emotions
- 1 2 3 4 5 6 7 8 9 10 Financial Security
- 1 2 3 4 5 6 7 8 9 10 Health
- 1 2 3 4 5 6 7 8 9 10 Mental Functioning
- 1 2 3 4 5 6 7 8 9 10 Morals/past indiscretions
- 1 2 3 4 5 6 7 8 9 10 Others' (Family, close friends) Well-Being
- 1 2 3 4 5 6 7 8 9 10 Religion
- 1 2 3 4 5 6 7 8 9 10 Social Life
- 1 2 3 4 5 6 7 8 9 10 Social Position
- 1 2 3 4 5 6 7 8 9 10 The Future
- 1 2 3 4 5 6 7 8 9 10 Work
- 1 2 3 4 5 6 7 8 9 10 Irrresolution (Not being able to decide or stick to a decision)

1 2 3 4 5 6 7 8 9 10

Capriciousness (Willfulness, changeable and erratic desires that are difficult to satisfy)

1 2 3 4 5 6 7 8 9 10

Selfishness

Frightened Easily

Never Afraid
1 2 3 4 5 6 7 8 9 10

Answer as honestly as you can about your personality traits

Stingy
1 2 3 4 5 6 7 8 9 10

Overly Generous

Thrifty
1 2 3 4 5 6 7 8 9 10

Extravagant

Hurried, impatient
1 2 3 4 5 6 7 8 9 10

Slow

Messy
1 2 3 4 5 6 7 8 9 10

Fastidious

Calm
1 2 3 4 5 6 7 8 9 10

Restlessness

Indolence (Lazy)
1 2 3 4 5 6 7 8 9 10

Always Busy

Shyness/Timid/Bashful
1 2 3 4 5 6 7 8 9 10

Outgoing

Anger
1 2 3 4 5 6 7 8 9 10

Mildness

Lack of Moral Issues
1 2 3 4 5 6 7 8 9 10

Guilty

No Religious Feeling
1 2 3 4 5 6 7 8 9 10

Highly Religious Feeling

Obstinate (Stubborn)
1 2 3 4 5 6 7 8 9 10

Yielding

Heedless/Reckless
1 2 3 4 5 6 7 8 9 10

Cowardice

Social/Antisocial. In regards to being with other people or in company?

Aversion
1 2 3 4 5 6 7 8 9 10

Desire For

Circle the expression that best describes your feelings about the following issues.

Significant past emotionally traumatic events:

Resolved Grief
Dwells on Past
Inconsolable
Remorse guilt

Feeling towards people close to you:

Loving
Affectionate
Indifferent
Resentment
Hatred

Feeling towards disease/condition:

Optimistic
Doubtful of recovery
Discouraged fearful
Fearful
Despair of recovery

Feeling towards life:

Love life
Indifferent
Bored
Weary of life
Loathing of life
Desires of death
Suicidal thoughts
Suicidal disposition

Feeling towards Spouse/Lover:

Loving
Affectionate
Dissatisfaction
Disappointed
Indifferent
Resentment
Hatred

How much do you have the following symptoms? 10 a lot, 1 hardly ever

1 2 3 4 5 6 7 8 9 10

Irritability

1 2 3 4 5 6 7 8 9 10

Jealousy

1 2 3 4 5 6 7 8 9 10

Mood

1 2 3 4 5 6 7 8 9 10

Even Moods

Circle which best expresses your general mood

Morose
Sad
Apathy/Indifferent

Excitement
Exhilaration

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

How do you experience sympathy or consolation?

Like
1 2 3 4 5 6 7 8 9 10

Dislike

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Better from
1 2 3 4 5 6 7 8 9 10

Worse from

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

How talkative are you in general?

Aversion to talking
1 2 3 4 5 6 7 8 9 10

Talkative

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Not trusting
1 2 3 4 5 6 7 8 9 10

Trusting

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Gullible
1 2 3 4 5 6 7 8 9 10

Suspicious

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Insanity

Misfortune (bad luck)

Of a crowd

People

Robbers/Intruders

Snakes

Spiders

Strangers

Having a Stroke

That something will happen

Darkness

Thunderstorms

Water

Wind

How often and easily do you weep?

Never
1 2 3 4 5 6 7 8 9 10

Often

Are you forgetful of any of the following? (1 not at all, 10 a lot)

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

just said to you

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Dates

Names

Numbers

Of what someone else has

Of what you just said

Of words

How often do you experience clairvoyance?

Never
1 2 3 4 5 6 7 8 9 10

Often

How is your level of self-confidence?

Lack of confidence
1 2 3 4 5 6 7 8 9 10

Pride/Haughty

How impulsive are you?

Never
1 2 3 4 5 6 7 8 9 10

Often

How often do you make mistakes with the following? (1 not at all, 10 a lot)

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Numbers

Words (reading)

Words (speaking)

Words (writing)

How afraid are you of the following? (1 never afraid, 10 very afraid)

1 2 3 4 5 6 7 8 9 10

Animals

1 2 3 4 5 6 7 8 9 10

Being alone

1 2 3 4 5 6 7 8 9 10

Death

1 2 3 4 5 6 7 8 9 10

Relative's death

1 2 3 4 5 6 7 8 9 10

Impending disease

1 2 3 4 5 6 7 8 9 10

Downward motion

1 2 3 4 5 6 7 8 9 10

Evil

1 2 3 4 5 6 7 8 9 10

Falling

1 2 3 4 5 6 7 8 9 10

Ghosts

1 2 3 4 5 6 7 8 9 10

Heights

How sensitive are you to any of the following?

1 2 3 4 5 6 7 8 9 10

Beauty

1 2 3 4 5 6 7 8 9 10

Criticism

1 2 3 4 5 6 7 8 9 10

Cruel stories

1 2 3 4 5 6 7 8 9 10

Frightening things

1 2 3 4 5 6 7 8 9 10

Being made fun of

1 2 3 4 5 6 7 8 9 10

Music

1 2 3 4 5 6 7 8 9 10

Reprimand

1 2 3 4 5 6 7 8 9 10

Rudeness

1 2 3 4 5 6 7 8 9 10

The suffering of others

How do you usually handle conflict?

Quarrelsome

1 2 3 4 5 6 7 8 9 10

Yielding

How are you with regards to authority?

Bossy/Dictatorial

1 2 3 4 5 6 7 8 9 10

Yielding/Fawning

How critical are you of others?

Not at all

1 2 3 4 5 6 7 8 9 10

All the time

How critical are you of yourself?

Not at all

1 2 3 4 5 6 7 8 9 10

All the time

How often do you find reproach (find fault, scold, or blame) others?

Not at all

1 2 3 4 5 6 7 8 9 10

All the time

How often do you reproach yourself?

Not at all

1 2 3 4 5 6 7 8 9 10

All the time

How honest are you?

Always lie

1 2 3 4 5 6 7 8 9 10

Always honest

How often do you have the following behaviors?

1 2 3 4 5 6 7 8 9 10

Abusive

1 2 3 4 5 6 7 8 9 10

Biting

1 2 3 4 5 6 7 8 9 10

Break things

1 2 3 4 5 6 7 8 9 10

Contrary define

1 2 3 4 5 6 7 8 9 10

Cursing

1 2 3 4 5 6 7 8 9 10

Disobedience

1 2 3 4 5 6 7 8 9 10

Insolent (insult, boldly rude)

1 2 3 4 5 6 7 8 9 10

Rage

1 2 3 4 5 6 7 8 9 10

Rudeness

1 2 3 4 5 6 7 8 9 10

Striking others

1 2 3 4 5 6 7 8 9 10

Striking self

1 2 3 4 5 6 7 8 9 10

Violence

Please circle the best approximation of your sexual desire. Please circle the level of desire and not your actual frequency.

Never

1x/year

1x/3 mo.

1x/mo.

2x/mo.

1x/wk

2x/wk

4x/wk

2x/day

4x/day

How often do you actually have sex?

Never

1x/year

1x/3 mo.

1x/mo.

2x/mo.

1x/wk

2x/wk

4x/wk

2x/day

4x/day

What worries or concerns do you have about your sexual life?

Not enough desire

1 2 3 4 5 6 7 8 9 10

Too much desire

Not enough sex

1 2 3 4 5 6 7 8 9 10

Too much sex

1 2 3 4 5 6 7 8 9 10

Lack of enjoyment

1 2 3 4 5 6 7 8 9 10

Difficulty reaching orgasm

1 2 3 4 5 6 7 8 9 10

Impotence

1 2 3 4 5 6 7 8 9 10

Troubling fantasies or thoughts

1 2 3 4 5 6 7 8 9 10

Sexual confidence

1 2 3 4 5 6 7 8 9 10

Unusual sexual practices or desires