

Hormone Reality Quiz

Is This YOU?

- You wake up between 2-4 a.m.
- You have to drag yourself out of bed
- Hit the wall between 2-4 in the afternoon
- Your kids say “mommy, you’re so mean”
- Your husband says “What’s wrong with you?” or “You’re Crazy.” or “You Need Help”.
- You are taking antidepressants and you still feel anxious and depressed
- You are filling up the drain with your hair
- You have more acne than your teenager
- Your skin feels like a loofah brush
- Sex is a 3 letter word you can’t remember, don’t want to remember, couldn’t care less
- Are anxious/jittery/can’t be still
- Are depressed and don’t know why
- Hair is growing on your face
- Have vaginal dryness
- Never know when you are going to have your period
- Have painful periods and cramps
- Hot one minute then cold the next
- Soak your bed with sweat
- You would rather eat chocolate or chips
- It’s hard to focus doing this checklist
- Don’t do the things you love to do



YOU HAVE SAID ...

- "I could kill somebody and not think twice about it."
- "If he says that to me one more time I'm going to rip his head off."
- "I only have one good week a month"
- "I feel like I'm going crazy."
- "I can't stand myself."
- "I get so angry I scare myself."
- "I eat well and exercise and I still can't lose weight."
- "I have never had a stomach like this and it just keeps growing."
- "I cry for no reason. I could be watching I Love Lucy and start crying."
- "I lose my keys all the time."
- "My whole body hurts."
- "Lord, I miss my mind."
- "My moods are like a roller coaster"
- "I want to feel like myself again."

YOU HAVE EXPERIENCED:

- | | |
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| <input type="checkbox"/> Marriage | <input type="checkbox"/> New Job |
| <input type="checkbox"/> Divorce | <input type="checkbox"/> Losing a job |
| <input type="checkbox"/> Pregnancy | <input type="checkbox"/> Surgery |
| <input type="checkbox"/> Miscarriage | <input type="checkbox"/> Illness (yourself or others close to you) |
| <input type="checkbox"/> Teenagers | <input type="checkbox"/> Death |
| <input type="checkbox"/> Building a home | <input type="checkbox"/> Financial problems |
| <input type="checkbox"/> Moving | <input type="checkbox"/> Relationship issues |

