

Are You A Chocoholic?

Do you crave chocolate, it is the number 1 food craved by women and yes, even men? Chocolate contains the same chemical that our brain creates when we feel romantic love. This powerful mood-altering chemical is called PEA, phenylethylamine; it has the same properties, whether found in chocolate or the brain.

People who crave chocolate may also be craving love and excitement. Love comes in many forms; romantic love (emotional or physical), affectionate love (from or for our friends), familiar love (from parent to a child or vice versa), and the most important type of love is self-love, loving yourself no matter what. We all crave to be loved, cherished, and understood. Having cravings of chocolate, even enjoying the smell of it can temporarily fill in some of the missing spots in our life. Take our quiz and learn if you are a CHOCOHOLIC.

Answer The Following:

True or False:

- _____ I frequently crave chocolate.
- _____ My favorite food has chocolate in it.
- _____ At times, I go on chocolate binges and eat an entire carton of chocolate ice cream, a bag of chocolate cookies, most of a chocolate cake, or a large amount of chocolate candy.
- _____ For women only: I crave chocolate right before my menstrual cycle.
- _____ It seems that I always eat more chocolate in the winter, and I gain weight during cold months as a result.
- _____ I have gone through great lengths to seek out my favorite chocolate treat (e.g., driven several miles out of my way, spent money I couldn't afford, etc.).
- _____ I unusually eat chocolate treats when others aren't around, and I even hide the empty candy wrappers, so others don't know what I've eaten.
- _____ After I eat chocolate, I feel guilty, and am angry at myself.
- _____ Just the sight or smell of chocolate is enough to make me desire it.
- _____ I think I'm a hopeless romantic; I fall in love easily, and I can't get enough of romantic movies or books.
- _____ The best thing about chocolate is its delicious taste.

- _____ If I were stranded on a deserted isle, I'd definitely want chocolate to be one of the supplies in my survival pack.
- _____ Life without chocolate wouldn't be very fun.
- _____ The last time I broke up with a lover, I was depressed for days, and ate more chocolate as a result.
- _____ It really seems like I crave chocolate more during the holidays.
- _____ Every time I take a bite of chocolate, I lost total control of my appetite and I want to eat every bit of chocolate I can get my hands on.
- _____ I've noticed that I feel really good when I'm eating chocolate. It's like a natural high.
- _____ Others have kidded me or commented that I seem to like chocolate more than "normal" people do.
- _____ Sometimes I use chocolate as a pick-me-up when I'm feeling tired or depressed.
- _____ I have fond childhood memories surrounding the eating of chocolate.
- _____ Speaking of childhood, as a kid I used to hide when I ate chocolate. I never let my parents or siblings know when I was eating chocolate treats.
- _____ It seems that I'm able to keep the weight off until the fall holidays from Halloween to New Year's Day. There's just so much chocolate being passed around during those times of the year that I always gain weight.
- _____ To me, the more chocolate flavor, the better. I'll always opt for "double fudge" chocolate ice cream instead of light milk chocolate or (blah) plain vanilla.
- _____ I usually think of chocolate as a "bad" food – bad for my weight, bad for my health- but so delicious that I allow myself to be "naughty" and eat some.
- _____ I can't stand the taste of carob. To me, it's fake chocolate.
- _____ When my mom used to ask me what flavor cake I'd like for my birthday, I'd always ask for chocolate cake with chocolate frosting.
- _____ I like chocolate more than anyone in my family does.
- _____ I go on chocolate "kicks"; that is, I like a certain type of chocolate and eat only that type until I get sick of that kind. Then I'll choose a different type of chocolate until I get sick of that kind.
- _____ I only seem to binge on chocolate when it contains refined sugar, such as a candy bar, cake, or ice cream. I don't feel like I'm overeating when I have sugar free chocolate candy, ice cream or frozen yogurt.
- _____ After an argument with my mate, I usually crave or eat chocolate.
- _____ I feel happy and excited right before I'm about to eat my favorite chocolate treat.
- _____ If other people knew about how much chocolate I really ate, I'd feel embarrassed - even humiliated.
- _____ To me, chocolate is a sensual food. I've noticed that chocolate's texture and taste arouse my sexual desire.
- _____ When I go to the movies I'd rather eat chocolate candy than my popcorn.
- _____ If my mate brought home my favorite chocolate treat, I couldn't help but view it as an act of love.

_____ **TOTAL NUMBER OF "TRUE" ANSWERS**

How To Score Your Quiz

Count the numbers of "True" answers you have, and then see which category below applies to you.

0 to 10

You may enjoy an occasional chocolate treat, but you're not a chocoholic. You can take chocolate or leave it, and when ordering an ice cream cone or frozen yogurt, you often order vanilla or other flavors. When you eat sweets its frequently the hard-candy or just other variety. In other words, chocolate is no big deal to you. You may know or love a chocoholic, however; and to you, the whole subject of chocoholism is a mystery or a joke.

11 to 20

You're a "borderline chocoholic" - that is, you like chocolate a lot, but your whole life doesn't revolve around it. Instead you've probably noticed chocolate is something you enjoy at regular intervals, perhaps if someone had happened to bring some into work or to your home. You wouldn't turn it down if it was offered to you, but you wouldn't go out of your way to seek it out, either. You've eaten your share of chocolate candy and cakes, and when dieting, you've sworn off all sweets and desserts. But as with others who are fond of chocolate, you've found that when it had been offered to you, it has meant the downfall of many of your weight loss attempts.

21 to 29

You are definitely a chocoholic and you know it. You prefer chocolate to any other flavor; you wouldn't dream of ordering a vanilla ice cream cone. You've driven across town to get your favorite chocolate treat, even when you're short on time or money. You've eaten chocolate to celebrate good times as well as to comfort yourself during bad times. During certain periods in your life you've felt out of control around chocolate, like an alcoholic around alcohol, and there have been many times you've felt you couldn't stop eating the chocolate candies of cookies in from of you. You know you're addicted to chocolate, at least psychologically, and you loathe diets because they make you give up your favorite food.

30 to 35

You're the "ultimate chocoholic" - a hard-core addict who lives for the taste and smell of chocolate. You crave and eat chocolate every day, if not several times a day. You plan your day so that you'll have time to stop off the market or the ice cream/frozen yogurt shop to get your favorite chocolate treat. Other people probably kid you about your chocolate obsession, but you don't care - at least not enough to ever stop eating it. In the past, you've sworn off chocolate, but you really think it's a losing battle and that you're a hopelessly incurable chocoholic.

Analyze Your Chocoholism

Now that you've analyzed the intensity of your chocoholism, it's important to determine what type of chocoholic you are. People tend to overeat chocolate in different ways and for a variety of reasons.

The first step involved in regaining control over your chocolate appetite is to find out what type of chocoholic you are, because any modifications in your eating habits need to respond to your personality and behavior patterns, Not all chocoholics are the same!

To discern your category, please review the answers you gave on the true/false questions and match them up to the descriptions below:

The Chocolate Lover

If you answered "True" to the three or more of these questions: 10, 14, 30, 33, 35, then you are Chocolate Lover. A Chocolate Lover is someone who has a strong need for romance and love, This person binges the positive emotions produced by eating chocolate – the feelings aroused by PEA—the same chemical your brain secretes during the early and romantic phases of love.

The Situational Chocoholic

If you answered "True" to three or more of these questions: 4, 5,15, 22, 26, then you are a Situational Chocoholic. There are three general subcategories of Situational Chocoholic.

1. The woman who craves chocolate right before her menstrual cycle due to hormonal fluctuations.
2. The person who desires chocolate only during the cold winter months because of seasonally influenced depression.
3. The person who just craves chocolate when it happens

The Chocolate Binger

If you answered "true" to three or more of these questions: 3, 6, 16, 28, 29, then you are a Chocolate Binger. This person literally cannot have one bite of chocolate without going all-out into and eating binge. Some Bingers only lose control with the chocolate that contains certain ingredients, such as refined sugar or nuts. Other Bingers overeat certain types of chocolate treats, such as ice cream or cake.



The Euphoric Chocoholic

If you answered "True" to three or more of these questions: 7, 8, 21, 25, 32, then you are a Euphoric Chocoholic. The Euphoric Chocoholic experiences total and utter bliss when eating chocolate. The person usually experiences total and utter bliss when eating chocolate. This person usually describes eating chocolate as a "completely perfect experience," and the Euphoric Chocoholic would be hard-pressed to tell you which aspect of chocolate is more appealing: the taste, smell, or the texture. All and all, the Euphoric Chocoholic derives a pronounced "high" from eating chocolate.

The Closet Chocoholic

If you answered "True" to three or more of these questions: 7, 8, 21, 24, 32, then you are a Closet Chocoholic. This person usually feels very guilty about eating anything labeled "fattening" - which includes chocolate. The Closet Chocoholic often hides when eating a favorite chocolate treat. He or she may also conceal candy bar wrappers in a purse or a car or wait for family members to go to sleep so that the chocolate cake or ice cream can be eaten in blissful solitude.

Chocolate—A Love/Hate Relationship

Some chocoholics encompass a combination of more than one type. Others fall into every group of chocoholism. If you fit into one or more groups, you may find some comfort in knowing that you're not alone. Yet, you're probably also frustrated by the push-pull effect of chocolate on your life. On the one hand, you don't want to live without chocolate. On the other hand, you feel that chocolate is the primary culprit behind your out-of-control eating.

The actual source of the problem is the desire for more love and excitement in your life. Many recovering chocoholics find that as soon as they start practicing self-love, the moment they start to engage in more creative and inspiring activities, that's when they're able to begin releasing the hold chocolate has on them!

