



## Are You a Sugar Addict?

Answer these simple questions to see where you rank as a sugar addict! Just so you know, I was a sugar addict! I felt like I never would regain control of my life. If you are looking for guidance, I have a few spots open for my 30 Day Transform Program. I will gently help you to slowly take control of your health, happiness and life! Message me at [themarblemethod@gmail.com](mailto:themarblemethod@gmail.com) for more information.

		True	Fals e
1.	I don't eat refined sugar every day.		
2.	I can go more than a day without eating some kind of sugar-containing food.		
3.	I never have cravings for sugar, coffee, chocolate, peanut butter or alcohol.		
4.	I've never hidden sweets around the house so I can eat them later.		
5.	I can stop after eating one bite of pastry or one piece of candy.		
6.	There are times when I have no sugar around the house.		
7.	I can have sweets in the house without eating them.		
8.	I can go at least 3 hours without eating without shakes, fatigue or bad moods.		
9.	I do not eat something sweet after every meal.		
10.	I rarely drink coffee or eat donuts or sweet rolls for breakfast.		
11.	I can go more than an hour after waking without eating.		
12.	I don't drink sweetened soft drinks every day.		