

# FAST Self-Assessment



This assessment will help you determine if you are caught in the Food Avoidance & Sensitivity Trap (FAST) and if conditioned food sensitivity plays a significant role in your symptoms.

Check the statements that resonate with you. Approach the assessment with an open, self-compassionate mindset. It may be hard to accept that conditioning contributes to your reactions because it can sound like your symptoms are "your fault" or "in your head." However, conditioning impacts most body functions and plays a role in food sensitivity reactions to varying degrees. It can happen unconsciously and cause debilitating physical symptoms.

## Risk Factors for Getting Sucked into the FAST

- Medically unexplained symptoms,
- Diagnosed food sensitivity (e.g., anaphylaxis, celiac disease) and need to follow a restricted diet,
- Overthinking food and symptoms,
- Participating in online support groups that discuss food sensitivities or rigid nutrition views,
- Avoiding food-related social gatherings,
- Reading articles or watching videos about the dangers of common foods,
- Assuming that most of your symptoms are food-related,
- Limiting your diet based on restriction lists (e.g., low histamine, low salicylate, etc.),
- Food sensitivity testing,
- Working with health professionals that suggest or reinforce extreme dietary restrictions.

## Red Flags

- Experiencing symptoms when you see or think about food,
- Becoming mentally or physically tense, when you think about food,
- Your diet has become more restricted over time.

## Common Feelings When You are Trapped

- Frustrated by an endless cycle of elimination diets,
- Hypervigilant around food,
- Preoccupied with food and symptoms,
- Powerless over food and symptoms.

If you checked three or more statements, you might be stuck in the Food Avoidance & Sensitivity Trap (FAST). If you would like professional guidance and support to break out of the FAST, check out the [FAST Freedom Program](#).