

FAST Self-Assessment



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

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

Risk Factors for Getting stuck in the FAST

- Mysterious symptoms,
- Diagnosed food hypersensitivity (e.g., anaphylaxis, celiac disease),
- Following the results of food sensitivity testing,
- 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.),
- Working with health professionals that suggest or reinforce extreme dietary restrictions.

Red Flags

- Symptoms when you see or think about food,
- Mental or physical tension, when you think about food,
- Impulsive eating,
- Food restrictions increase over time.

Common Feelings When You are Trapped

- Frustrated by an endless cycle of elimination diets,
- Hypervigilant around food,
- Preoccupied with food and symptoms,
- Confused/frustrated about what to eat and what to avoid,
- Powerless over food and symptoms.

If you checked three or more statements, the Food Avoidance & Sensitivity Trap (FAST) might contribute to your sensitivity. For professional guidance and support, learn more about the FAST Freedom Program [here](#).