

Name: _____

Date: _____

The following general symptoms pertain to you as a whole person.

Which weather conditions are you most troubled by?

Cloudy 1 2 3 4 5 6 7 8 9 10 Clear

Wet 1 2 3 4 5 6 7 8 9 10 Dry

Damp cold 1 2 3 4 5 6 7 8 9 10 Snow (Dry Cold)

1 2 3 4 5 6 7 8 9 10 Storms

1 2 3 4 5 6 7 8 9 10 Wind

1 2 3 4 5 6 7 8 9 10 Fog

1 2 3 4 5 6 7 8 9 10 Hot Sun

Circle which seasons cause you the most trouble?

Winter Spring
Fall Summer

Are you worse being in the:

Mountains 1 2 3 4 5 6 7 8 9 10 At the seashore

Are you generally sensitive to and/or troubled by:

1 2 3 4 5 6 7 8 9 10 Bright Light

1 2 3 4 5 6 7 8 9 10 Darkness

1 2 3 4 5 6 7 8 9 10 Open Air

1 2 3 4 5 6 7 8 9 10 Stuffy Rooms

1 2 3 4 5 6 7 8 9 10 Tight Clothing

1 2 3 4 5 6 7 8 9 10 Noise

1 2 3 4 5 6 7 8 9 10 Odors

1 2 3 4 5 6 7 8 9 10 Drafts

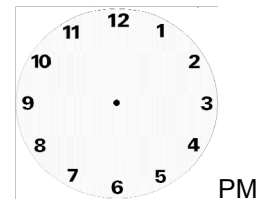
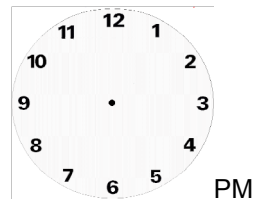
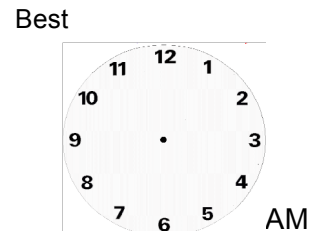
Are you generally chilly or warm?

Chilly 1 2 3 4 5 6 7 8 9 10 Warm

Which are you generally most sensitive to, warm or cold?

Cold 1 2 3 4 5 6 7 8 9 10 Warm

What times of day are you generally worst (mood, energy, symptoms, etc.) What times are you best?



Symptoms during sleep. Circle which you have.

Tooth Grinding
Restlessness
Talking

	1 2 3 4 5 6 7 8 9 10	Butter alone
Temperature of food. Which do you prefer?	1 2 3 4 5 6 7 8 9 10	Cheese
Warm Food	1 2 3 4 5 6 7 8 9 10	Chocolate
Cold Food	1 2 3 4 5 6 7 8 9 10	Coffee
	1 2 3 4 5 6 7 8 9 10	Pastries
Warm Drinks	1 2 3 4 5 6 7 8 9 10	Eggs
Cold Drinks	1 2 3 4 5 6 7 8 9 10	Fat (meat, chicken, pork, etc.)
Do you notice any specific tastes in your mouth (e.g., metallic, bitter, foul, etc.)?	1 2 3 4 5 6 7 8 9 10	Fish
	1 2 3 4 5 6 7 8 9 10	Fruit
How thirsty are you generally?	1 2 3 4 5 6 7 8 9 10	Fruit (sour)
Not at all	1 2 3 4 5 6 7 8 9 10	Grain products (pasta, bread, cereal, etc.)
Very	1 2 3 4 5 6 7 8 9 10	Ham
Mental and Emotional State:	1 2 3 4 5 6 7 8 9 10	Ice
How strong in general are the following emotional symptoms? The most mark 10. The least mark 1.	1 2 3 4 5 6 7 8 9 10	Ice cream
1 2 3 4 5 6 7 8 9 10	Anxiety (worry and fear)	Indigestible things (chalk, clay, paper, etc.)
1 2 3 4 5 6 7 8 9 10	Creative Activities	Lemonade
1 2 3 4 5 6 7 8 9 10	Emotions	Meat
1 2 3 4 5 6 7 8 9 10	Financial Security	Milk
1 2 3 4 5 6 7 8 9 10	Health	Nut butters
1 2 3 4 5 6 7 8 9 10	Mental Functioning	Oysters
1 2 3 4 5 6 7 8 9 10	Morals/past Indiscretions	Pickles
1 2 3 4 5 6 7 8 9 10	Others (family and close friends) well being	Vegetables
1 2 3 4 5 6 7 8 9 10	Religion	Vinegar
1 2 3 4 5 6 7 8 9 10	Social Life	Work
1 2 3 4 5 6 7 8 9 10	Social Position	Irresolution (Not being
1 2 3 4 5 6 7 8 9 10	The Future	

able to decide or stick to
a decision)

1 2 3 4 5 6 7 8 9 10 Capriciousness
(Willfulness, changeable)

and erratic desires that
are difficult to satisfy)

1 2 3 4 5 6 7 8 9 10 Selfishness

Frightened Easily Never Afraid
1 2 3 4 5 6 7 8 9 10

**Answer as honestly as you can about your
personality traits.**

Stingy Overly generous
1 2 3 4 5 6 7 8 9 10

Thrifty Extravagant
1 2 3 4 5 6 7 8 9 10

Hurried, impatient Slow
1 2 3 4 5 6 7 8 9 10

Messy Fastidious
1 2 3 4 5 6 7 8 9 10

Calm Restlessness
1 2 3 4 5 6 7 8 9 10

Indolence (Lazy) Always busy
1 2 3 4 5 6 7 8 9 10

Shyness/Timid/Bashful Outgoing
1 2 3 4 5 6 7 8 9 10

Anger Mildness
1 2 3 4 5 6 7 8 9 10

Lack of moral sense Guilty
1 2 3 4 5 6 7 8 9 10

No Religious feeling Highly Religious Feeling
1 2 3 4 5 6 7 8 9 10

Obstinate (stubborn) Yielding
1 2 3 4 5 6 7 8 9 10

Heedless/Reckless Cowardice
1 2 3 4 5 6 7 8 9 10

**Social/Antisocial. In regard to being with other
people or in company?**

Aversion Desire for
1 2 3 4 5 6 7 8 9 10

**Circle the expression that best describes your
feelings about the following issues.**

Significant past emotionally traumatic events:

Resolved Grief
Dwells on Past
Inconsolable
Remorse
Guilt

Feeling towards people close to you:

Loving
Affectionate
Indifferent
Resentment
Hatred

Feeling toward disease/condition:

Optimistic
Doubtful of recovery
Discouraged
Fearful
Despair of recovery

Feeling toward life

Love life
Indifferent
Bored
Weary of life
Loathing of life
Desires death
Suicidal thoughts
Suicidal disposition

Feeling toward spouse/lover:

- Loving
- Affectionate
- Dissatisfaction
- Disappointed
- Indifferent
- Resentment
- Hatred

How much do you have the following symptoms? 10 a lot, 1 hardly ever.

1 2 3 4 5 6 7 8 9 10 Irritability

1 2 3 4 5 6 7 8 9 10 Jealousy

1 2 3 4 5 6 7 8 9 10 Mood

Alternating Moods Even Moods
1 2 3 4 5 6 7 8 9 10

Circle which best expresses your general mood.

- Morose
- Sad
- Apathy/Indifferent
- Excitement
- Exhilaration

How do you experience sympathy or consolation?

Like Dislike
1 2 3 4 5 6 7 8 9 10

Better from Worse from
1 2 3 4 5 6 7 8 9 10

How talkative are you in general?

Aversion to talking Talkative
1 2 3 4 5 6 7 8 9 10

Not trusting Trusting
1 2 3 4 5 6 7 8 9 10

Gullible Suspicious
1 2 3 4 5 6 7 8 9 10

How often and easily do you weep?

Never Often
1 2 3 4 5 6 7 8 9 10

How often do you experience clairvoyance?

Never Often
1 2 3 4 5 6 7 8 9 10

How is your level of self-confidence?

Lack of confidence Pride/Haughty
1 2 3 4 5 6 7 8 9 10

How impulsive are you?

Never Often
1 2 3 4 5 6 7 8 9 10

How afraid are you of the following? 1, never. 10, very afraid.

- 1 2 3 4 5 6 7 8 9 10 Animals
- 1 2 3 4 5 6 7 8 9 10 Being alone
- 1 2 3 4 5 6 7 8 9 10 Death
- 1 2 3 4 5 6 7 8 9 10 Relative's Death
- 1 2 3 4 5 6 7 8 9 10 Impending Disease
- 1 2 3 4 5 6 7 8 9 10 Downward Motion
- 1 2 3 4 5 6 7 8 9 10 Evil
- 1 2 3 4 5 6 7 8 9 10 Failure
- 1 2 3 4 5 6 7 8 9 10 Falling
- 1 2 3 4 5 6 7 8 9 10 Ghosts
- 1 2 3 4 5 6 7 8 9 10 Heights
- 1 2 3 4 5 6 7 8 9 10 Insanity
- 1 2 3 4 5 6 7 8 9 10 Misfortune (bad luck)
- 1 2 3 4 5 6 7 8 9 10 Of a Crowd
- 1 2 3 4 5 6 7 8 9 10 People
- 1 2 3 4 5 6 7 8 9 10 Robbers/ Intruders

1 2 3 4 5 6 7 8 9 10

Snakes

How sensitive are you to any of the following?

1 2 3 4 5 6 7 8 9 10

Spiders

1 2 3 4 5 6 7 8 9 10

Beauty

1 2 3 4 5 6 7 8 9 10

Strangers

1 2 3 4 5 6 7 8 9 10

Criticism

1 2 3 4 5 6 7 8 9 10

Having a Stroke

1 2 3 4 5 6 7 8 9 10

Cruel Stories

1 2 3 4 5 6 7 8 9 10

That something will happen

1 2 3 4 5 6 7 8 9 10
things

Frightening

1 2 3 4 5 6 7 8 9 10

Darkness

1 2 3 4 5 6 7 8 9 10

Being made fun of

1 2 3 4 5 6 7 8 9 10

Thunderstorms

1 2 3 4 5 6 7 8 9 10

Music

1 2 3 4 5 6 7 8 9 10

Water

1 2 3 4 5 6 7 8 9 10

Reprimand

1 2 3 4 5 6 7 8 9 10

Wind

1 2 3 4 5 6 7 8 9 10

Rudeness

Are you forgetful of any of the following?

(1 not at all, 10 a lot)

1 2 3 4 5 6 7 8 9 10

The suffering of others

1 2 3 4 5 6 7 8 9 10

Dates

How do you handle conflict usually?

1 2 3 4 5 6 7 8 9 10

Names

Quarrelsome
1 2 3 4 5 6 7 8 9 10

Yielding

1 2 3 4 5 6 7 8 9 10

Numbers

1 2 3 4 5 6 7 8 9 10

Of what someone else just said to you

How are you in regard to authority?

1 2 3 4 5 6 7 8 9 10

Of what you just said

Bossy/Dictatorial
1 2 3 4 5 6 7 8 9 10

Yielding/Fawning

1 2 3 4 5 6 7 8 9 10

Of words

How critical are you of others?

How often do you make mistakes with the following?

Not at All
1 2 3 4 5 6 7 8 9 10

All the Time

1 2 3 4 5 6 7 8 9 10

Numbers

How critical are you of yourself?

1 2 3 4 5 6 7 8 9 10

Words (reading)

Not at All
1 2 3 4 5 6 7 8 9 10

All the Time

1 2 3 4 5 6 7 8 9 10

Words (speaking)

How often do you reproach (find fault, scold, or blame) others?

1 2 3 4 5 6 7 8 9 10

Words (writing)

Not at All
1 2 3 4 5 6 7 8 9 10

All the Time

How often do you reproach yourself?

Not at All All the Time
1 2 3 4 5 6 7 8 9 10

How honest are you?

Always Lie Always honest
1 2 3 4 5 6 7 8 9 10

How often do you have the following behaviors?

- 1 2 3 4 5 6 7 8 9 10 Abusive
- 1 2 3 4 5 6 7 8 9 10 Biting
- 1 2 3 4 5 6 7 8 9 10 Breaks Things
- 1 2 3 4 5 6 7 8 9 10 Contrary
(Opposite to
what is logically
expected)
- 1 2 3 4 5 6 7 8 9 10 Cursing
- 1 2 3 4 5 6 7 8 9 10 Disobedience
- 1 2 3 4 5 6 7 8 9 10 Insolent (insult,
boldly rude)
- 1 2 3 4 5 6 7 8 9 10 Rage
- 1 2 3 4 5 6 7 8 9 10 Rudeness
- 1 2 3 4 5 6 7 8 9 10 Striking others
- 1 2 3 4 5 6 7 8 9 10 Striking self
- 1 2 3 4 5 6 7 8 9 10 Violence

Please circle the best approximation of your sexual desire. Please circle the level of your desire and not your actual frequency.

- Never 1x/year
- 1x/3 mo.
- 1x/mo.
- 2x/mo.
- 1x/wk.
- 2x/wk.
- 4x/wk.
- 1x/day

- 2x/day
- 4x/day

How often do you actually have sex?

- Never 1x/year
- 1x/3 mo.
- 1x/mo.
- 2x/mo.
- 1x/wk.
- 2x/wk.
- 4x/wk.
- 1x/day
- 2x/day
- 4x/day

How often do you masturbate?

- Never 1x/year
- 1x/3 mo.
- 1x/mo.
- 2x/mo.
- 1x/wk.
- 2x/wk.
- 4x/wk.
- 1x/day
- 2x/day
- 4x/day

What worries or concerns do you have about your sexual life?

- Not enough desire Too much desire
1 2 3 4 5 6 7 8 9 10
- Not enough sex Too much sex
1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10 Lack of enjoyment
- 1 2 3 4 5 6 7 8 9 10 Difficulty reaching orgasm
- 1 2 3 4 5 6 7 8 9 10 Impotence
- 1 2 3 4 5 6 7 8 9 10 Troubling fantasies or thoughts
- 1 2 3 4 5 6 7 8 9 10 Sexual confidence
- 1 2 3 4 5 6 7 8 9 10 Unusual sexual practices or desires