

Patient Name: _____

Date: _____ 2

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?

Worst Best
11 12 1 11 12 1
10 2 10 2
9 3 9 3
8 4 8 4
7 6 5 AM 7 6 5 AM

11 12 1 11 12 1
10 2 10 2
9 3 9 3
8 4 8 4
7 6 5 PM 7 6 5 PM

Circle any symptoms you have during sleep.

Tooth Grinding Restlessness
Talking Perspiration
Frequent Urination Excess Heat
Excess Cold Laughing
Snoring Nightmares
Recurring Dreams Sleepwalking

Circle what you prefer. Do you sleep:

Without Covers Partly Covered
Fully Covered (Not including Head)
Fully Covered (Including Head)
With Arms or Legs Out of the Covers
Without Clothing
With a Fan or Air Blowing on You
With the Window open

What position do you sleep in most often?

Right Side On Back
Left Side On Abdomen

How much do you perspire? 1 2 3 4 5 6 7 8 9 10 Bread alone
 Never All the Time 1 2 3 4 5 6 7 8 9 10 Bread with
 1 2 3 4 5 6 7 8 9 10 butter

Do you have difficulty waking? 1 2 3 4 5 6 7 8 9 10 Butter alone
 Never All the Time 1 2 3 4 5 6 7 8 9 10 Cheese
 1 2 3 4 5 6 7 8 9 10

Do you wake unrefreshed? 1 2 3 4 5 6 7 8 9 10 Chocolate
 Never All the Time 1 2 3 4 5 6 7 8 9 10 Coffee
 1 2 3 4 5 6 7 8 9 10 Pastries

Food Desires and Aversions:

In the following questions you are asked how much you desire or are averse to a particular food or taste. Please answer from the point of view of your natural desires, not your knowledge of nutrition. For example, you may never eat fatty meat because this is known to increase cholesterol, however you do love the taste of fat. Answer the question that you like fat. If you strongly desire or crave a food or taste, mark 10. If you detest a food or taste, mark 1.

Tastes:

1 2 3 4 5 6 7 8 9 10	Sweet	1 2 3 4 5 6 7 8 9 10	Ham
1 2 3 4 5 6 7 8 9 10	Sour	1 2 3 4 5 6 7 8 9 10	Ice
1 2 3 4 5 6 7 8 9 10	Salty	1 2 3 4 5 6 7 8 9 10	Ice-cream
1 2 3 4 5 6 7 8 9 10	Bitter	1 2 3 4 5 6 7 8 9 10	Indigestible things (chalk, clay, paper)
1 2 3 4 5 6 7 8 9 10	Spicy (hot)	1 2 3 4 5 6 7 8 9 10	Lemonade
1 2 3 4 5 6 7 8 9 10	Smoked	1 2 3 4 5 6 7 8 9 10	Meat
1 2 3 4 5 6 7 8 9 10	Juicy	1 2 3 4 5 6 7 8 9 10	Milk
1 2 3 4 5 6 7 8 9 10	Refreshing	1 2 3 4 5 6 7 8 9 10	Nut butters
1 2 3 4 5 6 7 8 9 10	Pungent	1 2 3 4 5 6 7 8 9 10	Oysters

Foods:

1 2 3 4 5 6 7 8 9 10	Alcohol	1 2 3 4 5 6 7 8 9 10	Pickles
1 2 3 4 5 6 7 8 9 10	Apples	1 2 3 4 5 6 7 8 9 10	Vegetables
1 2 3 4 5 6 7 8 9 10	Bacon	1 2 3 4 5 6 7 8 9 10	Vinegar

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Temperature of food. Which do you prefer?

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

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

Do you notice any specific tastes in your mouth (e.g., metallic, bitter, foul, etc.)?

How thirsty are you generally?

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

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 Anxiety
(worry and fear)

Do you worry about any of the following? 10 means the most, 1 the least.

1 2 3 4 5 6 7 8 9 10 Creative Activities

1 2 3 4 5 6 7 8 9 10 Emotions

1 2 3 4 5 6 7 8 9 10 Financial Security

1 2 3 4 5 6 7 8 9 10 Health

1 2 3 4 5 6 7 8 9 10 Mental Functioning

1 2 3 4 5 6 7 8 9 10 Morals
(past Indiscretions)

1 2 3 4 5 6 7 8 9 10 Others well being
(family and close friends)

1 2 3 4 5 6 7 8 9 10 Religion

1 2 3 4 5 6 7 8 9 10 Social Life

1 2 3 4 5 6 7 8 9 10 Social Position

1 2 3 4 5 6 7 8 9 10 The Future

1 2 3 4 5 6 7 8 9 10 Work

1 2 3 4 5 6 7 8 9 10 Irresolution
(Not being 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

Not Religious Highly Religious
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

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 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 often, 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
- 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
- 1 2 3 4 5 6 7 8 9 10 Spiders
- 1 2 3 4 5 6 7 8 9 10 Strangers
- 1 2 3 4 5 6 7 8 9 10 Having a Stroke
- 1 2 3 4 5 6 7 8 9 10 That something will happen
- 1 2 3 4 5 6 7 8 9 10 Darkness
- 1 2 3 4 5 6 7 8 9 10 Thunderstorms
- 1 2 3 4 5 6 7 8 9 10 Water
- 1 2 3 4 5 6 7 8 9 10 Wind

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 Dates
- 1 2 3 4 5 6 7 8 9 10 Names
- 1 2 3 4 5 6 7 8 9 10 Numbers
- 1 2 3 4 5 6 7 8 9 10 Of what someone just said to you
- 1 2 3 4 5 6 7 8 9 10 Of what you just said
- 1 2 3 4 5 6 7 8 9 10 Of words

How often do you make mistakes with the following?

- 1 2 3 4 5 6 7 8 9 10 Numbers
- 1 2 3 4 5 6 7 8 9 10 Words (reading)
- 1 2 3 4 5 6 7 8 9 10 Words (speaking)
- 1 2 3 4 5 6 7 8 9 10 Words (writing)

How sensitive are you to any of the following?

- 1 2 3 4 5 6 7 8 9 10 Beauty
- 1 2 3 4 5 6 7 8 9 10 Criticism
- 1 2 3 4 5 6 7 8 9 10 Cruel Stories
- 1 2 3 4 5 6 7 8 9 10 Frightening things
- 1 2 3 4 5 6 7 8 9 10 Being made fun of
- 1 2 3 4 5 6 7 8 9 10 Music
- 1 2 3 4 5 6 7 8 9 10 Reprimand
- 1 2 3 4 5 6 7 8 9 10 Rudeness
- 1 2 3 4 5 6 7 8 9 10 The suffering of others

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How do you handle conflict usually?

1 2 3 4 5 6 7 8 9 10 Rage

Quarrelsome Yielding
1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10 Rudeness

1 2 3 4 5 6 7 8 9 10 Striking others

How are you in regard to authority?

1 2 3 4 5 6 7 8 9 10 Striking self

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

1 2 3 4 5 6 7 8 9 10 Violence

How critical are you of others?

**How often do you have sexual desire?
desire and not your actual frequency**

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

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

How critical are you of yourself?

How often do you actually have sex?

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

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 reproach (find fault, scold,
or blame) others?**

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

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

How often do you reproach yourself?

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

Not enough desire Too much desire
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

Not enough sex Too much sex
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 Lack of enjoyment

1 2 3 4 5 6 7 8 9 10 Abusive

1 2 3 4 5 6 7 8 9 10 Difficulty reaching
orgasm

1 2 3 4 5 6 7 8 9 10 Biting

1 2 3 4 5 6 7 8 9 10 Impotence

1 2 3 4 5 6 7 8 9 10 Breaks Things

1 2 3 4 5 6 7 8 9 10 Troubling fantasies
or thoughts

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 Sexual confidence

1 2 3 4 5 6 7 8 9 10 Cursing

1 2 3 4 5 6 7 8 9 10 Unusual sexual
practices/ desires

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)