

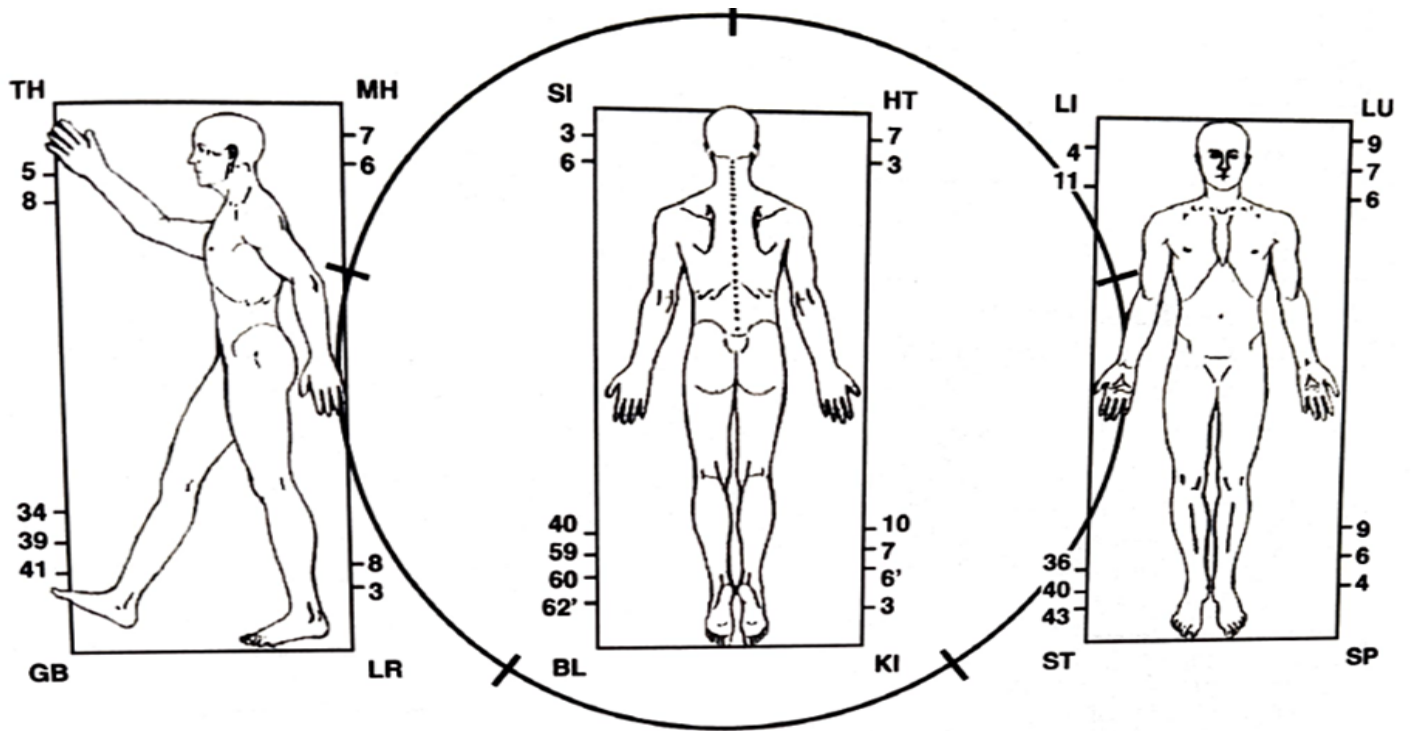


Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

Mark areas of pain or symptoms. Please check any statements that apply to you at least 80% of the time. Be nonjudgemental and do not think about the answers too much. Leave blank any boxes that do not apply to you or that you are unsure of. There are no correct answers.

Your honesty will result in better treatment.



Shao Yin Fire	I can be characterized as creative, passionate, dramatic, and impulsive.
	I frequently exude heat and often feel flushed and sweaty.
	I tend towards sexual hyperactivity.
	I have experienced chest pains or palpitations.
Tai Yang Fire	I tend to be talkative or noisy. I am the life of the party.
	I can be characterized as authoritative, imposing, and impatient.
	I am competitive. I like to win.
	I have neck or lower back pain.
	I have insomnia.
	I occasionally have headaches.

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Tai Yang Water	I can be characterized as intelligent and hyper-analytical but often indecisive.
	I have a history of recurrent urinary tract infections, urethritis, and kidney problems.
	I tend to have poor stamina and tire easily.
	I have diffuse low back pain.
	I sometimes have digestive problems.
Shao Yin Water	I can be characterized as private, cautious, and secretive.
	I have problems with motivation, self-discipline, and making decisions.
	I tend to have recurrent sore throats, tonsillitis, kidney infections, or kidney stones
	I tend to be chilly with cold hands. I dislike the cold.
	I experience lower back pain, knee pain, and achy joints when I am tired.

Jue Yin Fire	I can be characterized as irritable, anxious, and emotionally volatile at times.
	I tend to harbor grudges and have explosive anger.
	I get tension headaches or stress related headaches.
	I get muscle cramps and often have insomnia.
	I am sensitive to many foods. I get stomach aches, diarrhea, or slow digestion.
Shao Yang Fire	I can be characterized as clear thinking and decisive.
	When I get agitated, I can't sleep.
	I tend to grind my teeth and have tight jaws.
	I have muscle aches and cramps.
	I need to exercise, move, and stretch or I don't feel right.

Shao Yang Wood	I can be indecisive. I wish I were more self-confident.
	I'm sensitive to ridicule or criticism.
	I have neck pain and shoulder pain. This can cause headaches.
	I tend to have lateral or side hip pain.
	I have digestive problems due to my gallbladder.
Jue Yin Wood	I can be characterized as timid or introverted.
	I am sensitive to caffeine, and I need it as a pick-me-up.
	I get migraine headaches and tension headaches.
	My palms tend to be sweaty, requiring a handkerchief.
	I have sensitive eyes. I'm nearsighted.

Tai Yin Earth	I can be characterized as round and fleshy with full lips, calm, and peaceful.
	I often have abdominal bloating and diarrhea.
	I have had anemia and menstrual or fertility problems.
	I have varicose veins or cold feet.
	I take care of others, even at my own expense.
Yang Ming Earth	I enjoy life, food, and drink. I am a pleasure seeker.
	I have been diagnosed with heartburn, GERD or peptic ulcer disease?
	I sometimes overindulge in food and drink. I gain weight easily.
	I developed digestive problems during times of stress or anxiety.
	My mood can swing from pleasant to angry and irritable.

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Yang Ming Metal	<input type="checkbox"/>	I have recurrent sinus infections, colds, or respiratory infections.
	<input type="checkbox"/>	I have poor digestion and experienced stomach aches. I focus on my bowel habits.
	<input type="checkbox"/>	I tend to be thin.
	<input type="checkbox"/>	I have a strong belief and honor, duty, responsibility, and respect for the law.
	<input type="checkbox"/>	I tend to feel tired and a little sad. I get depressed easily.
Tai Yin Metal	<input type="checkbox"/>	I have a history of respiratory problems such as bronchitis, pneumonia, asthma or COPD with cough, phlegm.
	<input type="checkbox"/>	I have constipation alternating with diarrhea or have been diagnosed with irritable bowel syndrome ibs
	<input type="checkbox"/>	I have skin problems and allergies.
	<input type="checkbox"/>	I am organized and methodical.
	<input type="checkbox"/>	I am honest and obey the rules.

Please mark the choice that fits you most.

My favorite season is:

Spring  Summer  Fall  Autumn  Winter

Color I am drawn to or like, not necessarily color I wear a lot:

Blue/Greens  Red  Yellow/Earth Tones  White  Black/Dark Blue

Time of day I feel my best:

Sunrise  Noon  Afternoon  Sunset  Night

Flavor preference/Most enjoyed flavor:

Sour/citrus/acidic  bitter/roasted  Sweet  Spicy/Flavorful  Salty

Thank you for completing this form.