

Chinese Five Elements

QUESTIONNAIRE

NAME _____	DATE _____
Directions: For each question, circle the number that best describes your symptoms. 0 = No or Rarely You have never experienced the symptom or the symptom is amiliar to you but perceive it as insignificant (monthly or less) 1 = Occasionally - Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some identifiable trigger 4 = Often - Symptom occurs 2-3 times per week and/or with a frequency that bothers you enough that you would like to do something about it 8 = Frequently - Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularity on a monthly or cyclical basis	

PART 1		No/Rarely	Occasionally	Often	Frequently			No/Rarely	Occasionally	Often	Frequently
Section A											
Physical Signs						Emotional Signs					
1.nervous system disorders		0	1	4	8	17.emotional repression		0	1	4	8
2.allergies		0	1	4	8	18.anger		0	1	4	8
3.lumps, swellings, mastitis		0	1	4	8	19.frustration		0	1	4	8
4.distended abdomen, chest or breasts		0	1	4	8	20.resentment		0	1	4	8
5.cronic indigestion		0	1	4	8	21.impatience		0	1	4	8
6.menstrual problems		0	1	4	8	22.edginess		0	1	4	8
7.stress, neck and back tension		0	1	4	8	23.depression		0	1	4	8
8.fatigue		0	1	4	8	24.moodiness		0	1	4	8
9.rigd inflexible body		0	1	4	8	25.impulsiveness		0	1	4	8
10 eye problems		0	1	4	8	26.emotional attachments		0	1	4	8
11 impure blood and skin disorders		0	1	4	8	27.poor judgment		0	1	4	8
12 fingure and toe nail problems		0	1	4	8	28.difficulty in making decisions		0	1	4	8
13.slow rising in the morning		0	1	4	8	29.mental rigidity		0	1	4	8
14.muscular pain		0	1	4	8	30.negativity		0	1	4	8
15.tendon problems		0	1	4	8						
16.wiry, tight radial pulse		0	1	4	8						
Total Points						Total Points					

Section B											
Physical Signs						Emotional Signs					
1.red face		0	1	4	8	11.frequent impatience and anger		0	1	4	8
2.red, dry eyes		0	1	4	8	12.irritability		0	1	4	8
3.red tongue		0	1	4	8	13.explosive personality		0	1	4	8
4.splitting headaches		0	1	4	8	14.shouting		0	1	4	8
5.insomnia		0	1	4	8	5.willfullness		0	1	4	8
6.meopausal disorders		0	1	4	8	16.arrogance		0	1	4	8
7.low backache, weak legs		0	1	4	8	17.rudeness		0	1	4	8
8.high blood pressure		0	1	4	8	18.agression		0	1	4	8
9.indigestion, constipation		0	1	4	8	19.violence		0	1	4	8
10.fast pulse and other heat signs											
Total Points						Total Points					

Section C											
Physical Signs						Emotional Signs					
1.dizziness		0	1	4	8	7.depression		0	1	4	8
2.dry, eyes and weak vision		0	1	4	8	8.nervous tension		0	1	4	8
3.night blindness		0	1	4	8	9.irritability		0	1	4	8
4.ringing in the ears		0	1	4	8						
5.menopausal discomfort		0	1	4	8						
6.dry, brittle nails		0	1	4	8						
7.fresh red cheeks and tongue		0	1	4	8						
8.hot palms and soles		0	1	4	8						
9.night sweats and afternoon fevers		0	1	4	8						
10.frequent but small thirst		0	1	4	8						
Total Points						Total Points					

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PART 1 (contd)	No/Rarely	Occasionally	Often	Frequently		No/Rarely	Occasionally	Often	Frequently
Section C (contd)									
Physical Signs					Emotional Signs				
11. weak tendons and sinews	0	1	4	8	20. depression	0	1	4	8
12. muscle spasms and palpitations	0	1	4	8	21. nervous tension	0	1	4	8
13. spots in visual field	0	1	4	8	22. irritability	0	1	4	8
14. dry eyes and unclear vision	0	1	4	8					
15. pale fingernail beds	0	1	4	8					
16. ringing in the ears	0	1	4	8					
17. irregular menses	0	1	4	8					
18. scanty or absent menstruation	0	1	4	8					
19. numbness, dizziness, pale tongue and face, dry skin, insomnia and memory loss	0	1	4	8					
Total Points					Total Points				

Section D									
Physical Signs					Emotional Signs				
1. pain that comes and goes, or moves	0	1	4	8	9. manic-depression	0	1	4	8
2. spasms, cramps	0	1	4	8	10. nervousness	0	1	4	8
3. dizziness, vertigo	0	1	4	8	11. fits	0	1	4	8
4. tremors, palsy, twitching	0	1	4	8	12. unstable personality	0	1	4	8
5. pulsating headache	0	1	4	8	13. "the perpetual traveler"	0	1	4	8
6. ringing in ears	0	1	4	8	14. agitation	0	1	4	8
7. paralysis	0	1	4	8	15. emotional turmoil	0	1	4	8
8. dryness in upper body	0	1	4	8	16. inability to keep commitments	0	1	4	8
					17. uneasiness	0	1	4	8
Total Points					Total Points				

PART 2									
Section A									
Physical Signs									
1. scattered and confused mind	0	1	4	8					
2. excess or no laughter	0	1	4	8					
3. a ruddy or very pale face	0	1	4	8					
4. speech problems (stuttering or excess verbiage)	0	1	4	8					
5. depression	0	1	4	8					
6. mental illness	0	1	4	8					
7. loss of memory	0	1	4	8					
8. poor circulation	0	1	4	8					
9. weak spirit	0	1	4	8					
10. aversion to heat	0	1	4	8					
Total Points									

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PART 2 (contd)	No/Rarely	Occasionally	Often	Frequently		No/Rarely	Occasionally	Often	Frequently
Section B									
Physical Signs					Physical Signs				
12. irregular or racing heartbeat	0	1	4	8	24. purple face or tongue	0	1	4	8
13. excessive dreaming	0	1	4	8	25. palpitations or shortness of breath	0	1	4	8
14. irrational behavior or insanity	0	1	4	8	26. coronary artery disease	0	1	4	8
15. fresh red-tongue and cheeks	0	1	4	8	27. heart inflammation and angina	0	1	4	8
16. hot palms and soles	0	1	4	8	28. coating on the tongue	0	1	4	8
17. abrupt or nervous manner	0	1	4	8	29. epilepsy	0	1	4	8
18. pale tongue, face or nail beds	0	1	4	8	30. encephalitis	0	1	4	8
19. thin pulse and sluggishness	0	1	4	8	Emotional Signs				
20. hypertension	0	1	4	8	31. passivity	0	1	4	8
21. hyperthyroidism	0	1	4	8	32. self-obsession	0	1	4	8
22. stabbing pains	0	1	4	8	33. lack of good sense	0	1	4	8
23. talking to oneself	0	1	4	8	34. a slow stuck manner	0	1	4	8
Total Points					Total Points				
<input style="width: 50px; height: 20px;" type="text"/>					<input style="width: 50px; height: 20px;" type="text"/>				

PART 3									
Section A					Section B				
Physical Signs					Physical Signs				
1. chronic tiredness	0	1	4	8	15. prolapses such as hemorrhoids prolapsed uterus, kidneys, stomach	0	1	4	8
2. physical and mental stagnation	0	1	4	8	16. aversion to cold weather, cold hands feet	0	1	4	8
3. compulsive stuck behavior	0	1	4	8	17. clear urine	0	1	4	8
4. weak digestion accompanied by nausea, poor appetite	0	1	4	8	18. edema	0	1	4	8
5. abdominal bloating	0	1	4	8	19. cyst, tumors and cancers	0	1	4	8
6. hard lumps in the abdomen	0	1	4	8	20. overgrowth of yeasts, viruses, putrefactive bacteria	0	1	4	8
7. loose stools, chronic diarrhea, dysentery	0	1	4	8	21. parasites	0	1	4	8
8. overweight without overeating, thin unable to gain weight	0	1	4	8	22. numbness in joints and acupuncture channels	0	1	4	8
9. sallow complexion	0	1	4	8	23. mucus in lungs and heart	0	1	4	8
10. sloppy in appearance	0	1	4	8	24. feelings of heaviness particularly in the head	0	1	4	8
11. accumulate useless positions	0	1	4	8	25. lack of appetite	0	1	4	8
12. thin white coating on pale tongue	0	1	4	8	26. coating on tongue is thick and possibly dirty or greasy	0	1	4	8
13. food sensitivities	0	1	4	8	27. cancer, multiple sclerosis, AIDS, rheumatoid arthritis	0	1	4	8
14. ulcers and pain in the upper abdomen	0	1	4	8					
Total Points					Total Points				
<input style="width: 50px; height: 20px;" type="text"/>					<input style="width: 50px; height: 20px;" type="text"/>				

PART 4									
Section A									
Physical Signs					Physical Signs				
1. sedentary lifestyle	0	1	4	8	7. colds, allergies and sinus	0	1	4	8
2. fevers	0	1	4	8	8. weakness, fatigue	0	1	4	8
3. red tongue with a dry, yellow coating	0	1	4	8	9. weak voice	0	1	4	8
4. dry cough	0	1	4	8	10. shortness of breath	0	1	4	8
5. shortness of breath	0	1	4	8	11. spontaneous sweating	0	1	4	8
6. a painful sore throat, also may have pus	0	1	4	8	12. poor immunity	0	1	4	8
Total Points					Total Points				
<input style="width: 50px; height: 20px;" type="text"/>					<input style="width: 50px; height: 20px;" type="text"/>				

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Part 5	No/Rarely	Occasionally	Often	Frequently		No/Rarely	Occasionally	Often	Frequently
Section A									
Physical Signs					Emotional Signs				
1.all bone problems, especially knees, lower back and teeth	0	1	4	8	6 excessive fear and insecurity	0	1	4	8
2.hearing loss and ear infections and diseases	0	1	4	8					
3.head-hair problems-hair loss, split ends, premature greying	0	1	4	8					
4.any urinary, sexual and reproductive imbalances	0	1	4	8					
5.poor growth and development of the mind and body, premature aging	0	1	4	8					
Total Points					Total Points				
Section B									
Physical Signs					Emotional Signs				
___ 7.dizziness	0	1	4	8	___ 16.agitation	0	1	4	8
___ 8.ringing in the ears	0	1	4	8	___ 17.nervousness	0	1	4	8
___ 9.dry throat or mouth	0	1	4	8	___ 18.insecurity and fear	0	1	4	8
___ 10.fever	0	1	4	8					
___ 11.low backache, weak legs	0	1	4	8					
___ 12.involuntary seminal emission	0	1	4	8					
___ 13.spontaneous sweating	0	1	4	8					
___ 14.thin, fast radial pulse	0	1	4	8					
___ 15.distinctly red tongue	0	1	4	8					
Total Points					Total Points				