

Self-Assessment Health Profile

The following is a Self-Assessment health profile. Each statement is ranked from one to five. A one means that the statement occasionally applies to you and a five means it is very troublesome to you. Circle the number that most closely matches you in the past month. If it does not apply at all leave it blank.

PATTERNS OF DEPLETION

- 1 2 3 4 5 - weak, lethargic, weary
- 1 2 3 4 5 - lowered libido
- 1 2 3 4 5 - apathy
- 1 2 3 4 5 - dull thinking or feeling
- 1 2 3 4 5 - excessive need for sleep
- 1 2 3 4 5 - susceptible to colds, flus, allergies
- 1 2 3 4 5 - prolonged recovery following illness
- 1 2 3 4 5 - pasty, pale complexion
- 1 2 3 4 5 - shortness of breath
- 1 2 3 4 5 - aversion to talking
- 1 2 3 4 5 - perspires easily with exertion
- 1 2 3 4 5 - easily chills
- 1 2 3 4 5 - frequent, profuse urination



- 1 2 3 4 5 - perspires easily while at rest
- 1 2 3 4 5 - prolapse of stomach, intestines, anus, uterus
- 1 2 3 4 5 - constant diarrhea or lack of bowel control
- 1 2 3 4 5 - hemorrhoids, varicose veins
- 1 2 3 4 5 - dizzy or weak after meal or bowel movement well-being followed by sudden exhaustion



- 1 2 3 4 5 - parched, thirsty
- 1 2 3 4 5 - extreme dryness of skin or mucous membranes
- 1 2 3 4 5 - scant secretions and urination constipation
- 1 2 3 4 5 - uncomfortable feeling of heat in the body
- 1 2 3 4 5 - low afternoon fever with sweating
- 1 2 3 4 5 - hot flashes
- 1 2 3 4 5 - night sweats
- 1 2 3 4 5 - unstable blood sugar, emotionally unstable
- 1 2 3 4 5 - persistent dry cough
- 1 2 3 4 5 - dry sore throat
- 1 2 3 4 5 - flushed face



- 1 2 3 4 5 - excessive secretions from eyes, nose, mouth, skin, vagina
- 1 2 3 4 5 - excessive secretions from eyes, nose, mouth, skin, vagina
- 1 2 3 4 5 - seminal incontinence or premature ejaculation
- 1 2 3 4 5 - frequent urination or incontinence
- 1 2 3 4 5 - dizzy or weak after sex (female only)



- 1 2 3 4 5 - restless fatigue
- 1 2 3 4 5 - emotional sensitivity
- 1 2 3 4 5 - insomnia and anxious sleep
- 1 2 3 4 5 - itching, prickling skin or scalp
- 1 2 3 4 5 - dryness without thirst
- 1 2 3 4 5 - blurred or weak vision
- 1 2 3 4 5 - thinning of hair
- 1 2 3 4 5 - light headed when fatigued
- 1 2 3 4 5 - dry or hard stool dry skin, eyes, hair, nails
- 1 2 3 4 5 - anemia
- 1 2 3 4 5 - muscle cramps lack of semen
- 1 2 3 4 5 - scanty or infrequent menstruation
- 1 2 3 4 5 - insufficient lactation pale, sallow complexion
- 1 2 3 4 5 - poor skin healing
- 1 2 3 4 5 - palpitations postpartum weakness or anemia
- 1 2 3 4 5 - tendency to miscarry dizzy or weak after sex (male)



- 1 2 3 4 5 - easy bruising or bleeding
- 1 2 3 4 5 - chronic ulcers of mouth, throat, stomach, intestines, vagina
- 1 2 3 4 5 - excessive bleeding during menses, pregnancy, postpartum or menopause
- 1 2 3 4 5 - bleeding hemorrhoids and blood in stool, urine, or sputum

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- 1 2 3 4 5 - profound weakness
- 1 2 3 4 5 - flaccid and stiff atrophy of muscles and organs
- 1 2 3 4 5 - sagging or wrinkling of skin
- 1 2 3 4 5 - diminished sexual arousal and pleasure
- 1 2 3 4 5 - infertility or early menopause
- 1 2 3 4 5 - repeated miscarriages
- 1 2 3 4 5 - loosening or loss of teeth
- 1 2 3 4 5 - thinning or graying of head and pubic hair
- 1 2 3 4 5 - loss of elasticity of tendons, ligaments, and muscles
- 1 2 3 4 5 - decline of memory, vision or hearing
- 1 2 3 4 5 - progressive loss of weight or emaciation
- 1 2 3 4 5 - arthritic changes
- 1 2 3 4 5 - compromised immunity



- 1 2 3 4 5 - restlessness and agitation
- 1 2 3 4 5 - emotionally unstable
- 1 2 3 4 5 - hypersensitivity to pain or insult
- 1 2 3 4 5 - sudden rage, grief or panic
- 1 2 3 4 5 - constant anxiety, incessant worry, or mental confusion
- 1 2 3 4 5 - easily startled or frightened
- 1 2 3 4 5 - erratic sleep, insomnia or disturbing dreams
- 1 2 3 4 5 - delirium
- 1 2 3 4 5 - dull, glazed or bizarre look to eyes and face

PATTERNS OF CONGESTION

- 1 2 3 4 5 - stuffy head mild nausea or acidity
- 1 2 3 4 5 - distension or fullness in chest or abdomen
- 1 2 3 4 5 - gas pains, cramps, tension in stomach or intestines
- 1 2 3 4 5 - hiccups, belching or flatulence
- 1 2 3 4 5 - constipation or irregular bowel movements
- 1 2 3 4 5 - vague or intermittent pains



- 1 2 3 4 5 - acute generalized discomfort, fullness, pressure in head, chest, limbs or abdomen
- 1 2 3 4 5 - abdominal distension but unable to release gas wheezing or non-specific chest pain
- 1 2 3 4 5 - difficulty swallowing
- 1 2 3 4 5 - stitch or acute pain in abdomen, ribs, or flanks fullness or dull pain under ribs or sternum



- 1 2 3 4 5 - soft or loose stool
- 1 2 3 4 5 - puffy eyes, face, hands or ankles
- 1 2 3 4 5 - frequent, scanty or difficult urination
- 1 2 3 4 5 - lethargic in humid weather
- 1 2 3 4 5 - soft swellings, nodules, cysts, enlarged lymph nodes
- 1 2 3 4 5 - premenstrual soreness and swelling of breasts
- 1 2 3 4 5 - sore muscles or joints
- 1 2 3 4 5 - thirsty but averse to drinking



- 1 2 3 4 5 - swollen or heavy head and limbs
- 1 2 3 4 5 - swollen, sore muscles and joints
- 1 2 3 4 5 - swollen with water retention in abdomen
- 1 2 3 4 5 - excess saliva, mucus or perspiration constipation alternating with watery, loose stool
- 1 2 3 4 5 - scanty or absent urine
- 1 2 3 4 5 - edema of hands, feet, face or abdomen
- 1 2 3 4 5 - thick nauseated feeling in mouth, stomach and head

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- 1 2 3 4 5 - easy bruising
1 2 3 4 5 - cold hands and feet
1 2 3 4 5 - irregular or painful menses
1 2 3 4 5 - mottling, numbing and chilling of limbs
1 2 3 4 5 - sharp pains in head, eyes, joints, limbs, breasts or organs
1 2 3 4 5 - mid-cycle or premenstrual pain or tender breasts
1 2 3 4 5 - painful hemorrhoids, cysts or lumps



- 1 2 3 4 5 - angina
1 2 3 4 5 - severe or constant headache
1 2 3 4 5 - traumatic bruises, swellings and sprains
1 2 3 4 5 - persistent, stabbing or throbbing pains (especially in joints or viscera)
1 2 3 4 5 - pain aggravated at night or from inactivity
1 2 3 4 5 - severe cramping, numbness or paralysis
1 2 3 4 5 - dark red or purple complexion purple lesions on the skin, tongue, mouth or lips
1 2 3 4 5 - severe menstrual cramps with dark blood or clots
1 2 3 4 5 - hard or immobile lumps, masses or organs

ADVERSE CONDITIONS

- 1 2 3 4 5 - fever, associated with infection, inflammation or emotional upset
1 2 3 4 5 - pain, soreness, swelling or dryness accompanied by a sensation of heat or burning
1 2 3 4 5 - sores or infections with green or yellow pus
1 2 3 4 5 - yellow, green, or foul smelling discharge from ears, nose, throat, anus, vagina or urethra
1 2 3 4 5 - extreme thirst with a craving for cold foods or drink
1 2 3 4 5 - red eyes, ears, nose, lips, face, skin
1 2 3 4 5 - feeling of heat in limbs, abdomen, chest, head, or genitals
1 2 3 4 5 - aggravation from alcohol, fried, or spicy foods



- 1 2 3 4 5 - lack of thirst
1 2 3 4 5 - listless and weak
1 2 3 4 5 - cold feeling in limbs, head, chest, abdomen or genitals
1 2 3 4 5 - pale face with cold, clammy hands and feet
1 2 3 4 5 - loose stool after eating raw or cold foods and liquids
1 2 3 4 5 - profuse urination or swelling in cold climate or after drinking cold liquids or eating raw, cold foods
1 2 3 4 5 - craving for warm, cooked foods and hot drinks
1 2 3 4 5 - pain in head, chest, limbs or joints in cold environment
1 2 3 4 5 - pale, purplish skin, nail beds, lips, or tongue



- 1 2 3 4 5 - dryness or thirst without desire or ability to drink
1 2 3 4 5 - feeling of heat in stomach or chest with a nauseating taste in the mouth
1 2 3 4 5 - sticky yellow or green discharge from nose, throat, bronchi, urethra, or vagina
1 2 3 4 5 - hot flashes with profuse perspiration
1 2 3 4 5 - fever or heat not relieved by perspiring or drinking
1 2 3 4 5 - loose or sticky stool streaked with mucus or pus
1 2 3 4 5 - burning, red, oozing sores, boils, pimples, blisters or rashes
1 2 3 4 5 - hot, heavy, dull feeling in the head, chest, abdomen or limbs
1 2 3 4 5 - worse from heat and/or humidity, and sweet, spicy or oily foods

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- 1 2 3 4 5 - itching or prickling sensations of skin, ears, eyes, nose; sneezing, headache
- 1 2 3 4 5 - unpredictable or migrating pains
- 1 2 3 4 5 - dizziness or headache with cold, flu, or allergy
- 1 2 3 4 5 - muscle soreness or shivering when exposed to wind, drafts or changing temperatures
- 1 2 3 4 5 - numbness or pain of face or scalp
- 1 2 3 4 5 - neck stiffness or spasm
- 1 2 3 4 5 - worse from drafts and changing temperatures



- 1 2 3 4 5 - trembling hands, feet, head
- 1 2 3 4 5 - spasms, twitches, cramps of nerves, muscles and viscera disequilibrium, loss of coordination
- 1 2 3 4 5 - contracture or quivering of tongue
- 1 2 3 4 5 - vertigo, motion sickness, hypertension headache with vertigo, numbness, spasms, feeling strange
- 1 2 3 4 5 - seizures, sequellae of stroke or T.I.A.
- 1 2 3 4 5 - worse from wind, changing barometric pressure, or changing from lying to upright posture



- 1 2 3 4 5 - dizziness or fullness in head from mucus congestion
- 1 2 3 4 5 - nausea with phlegm in chest or throat
- 1 2 3 4 5 - thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina or urethra
- 1 2 3 4 5 - firm, mobile lumps or enlarged lymph nodes
- 1 2 3 4 5 - worse in humid environment or from eating sticky, greasy, oily foods, milk products, eggs, sugar
- 1 2 3 4 5 - sticky or greasy stool
- 1 2 3 4 5 - hardened nodules or cysts

ORGAN NETWORK DISTURBANCES

- 1 2 3 4 5 - dry eyes
- 1 2 3 4 5 - blurred or unclear vision
- 1 2 3 4 5 - nervous, irritable, short tempered
- 1 2 3 4 5 - easy chilling arms, hands, legs, feet
- 1 2 3 4 5 - coarse, brittle nails or hair
- 1 2 3 4 5 - touchiness from heat, wind, noise, bright light
- 1 2 3 4 5 - numbness, tingling of limbs when asleep or inactive
- 1 2 3 4 5 - muscle cramps of pelvis, sides, hips, calves, feet
- 1 2 3 4 5 - tension in shoulders, neck, sacrum, hips, legs
- 1 2 3 4 5 - stitching pains under diaphragm, between ribs, groin or pelvis
- 1 2 3 4 5 - dry or hard stool, tension or cramping in colon
- 1 2 3 4 5 - high pitched or loud ringing in the ears (tinnitus)
- 1 2 3 4 5 - dizzy, queasy, flushed or headache from hunger, tension, anger
- 1 2 3 4 5 - hypersensitive genital organs



- 1 2 3 4 5 - anxiety, dread
- 1 2 3 4 5 - restless and excitable
- 1 2 3 4 5 - easily confused or disoriented
- 1 2 3 4 5 - mood swings (laughs easily, cries easily)
- 1 2 3 4 5 - insomnia when nervous, worried or excited
- 1 2 3 4 5 - excitement, anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares
- 1 2 3 4 5 - cravings for cool drinks, juicy or hot, spicy foods
- 1 2 3 4 5 - sores of mouth and tongue
- 1 2 3 4 5 - easily overheats and perspires
- 1 2 3 4 5 - easy blushing of face, chest, neck, and ears
- 1 2 3 4 5 - burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus
- 1 2 3 4 5 - frequent urination or bowel movements from nervousness
- 1 2 3 4 5 - palpitations when nervous, upset or fatigued

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- 1 2 3 4 5 - tender muscles
- 1 2 3 4 5 - difficult bowel movements
- 1 2 3 4 5 - slow digestion or indigestion
- 1 2 3 4 5 - frequent abdominal gas or bloating
- 1 2 3 4 5 - loose stool from raw or cold foods, cold liquids
- 1 2 3 4 5 - variable appetite
- 1 2 3 4 5 - lingering hunger after meals
- 1 2 3 4 5 - hard to gain, lose or regulate weight
- 1 2 3 4 5 - easily worried, obsessed
- 1 2 3 4 5 - difficulty focusing, distractible
- 1 2 3 4 5 - overwhelmed by details, upset by changes
- 1 2 3 4 5 - lethargy and inertia
- 1 2 3 4 5 - prolapse of stomach, intestines, uterus, vagina, bladder
- 1 2 3 4 5 - lack of muscle tone or strength
- 1 2 3 4 5 - water retention, puffiness, heaviness of head, limbs
- 1 2 3 4 5 - easy bruising, prolonged or heavy menstruation



- 1 2 3 4 5 - weakness of chest
- 1 2 3 4 5 - respiratory allergies
- 1 2 3 4 5 - runny nose or stuffy sinuses
- 1 2 3 4 5 - frequent and lingering colds, coughs, throat clearing or laryngitis
- 1 2 3 4 5 - morning attacks of coughing or sneezing
- 1 2 3 4 5 - constant phlegm in chest or throat
- 1 2 3 4 5 - shortness of breath, chest pain, or wheezing from fatigue or exertion
- 1 2 3 4 5 - dryness and tightness of mucous membranes or skin
- 1 2 3 4 5 - urge to urinate after laughing, coughing, or sneezing
- 1 2 3 4 5 - skin rashes, eczema, hives
- 1 2 3 4 5 - easily disappointed or offended
- 1 2 3 4 5 - sensitive to wind, cold and dryness
- 1 2 3 4 5 - stiffness of joints and muscles



- 1 2 3 4 5 - puffiness around eyes
- 1 2 3 4 5 - diminished libido lack of sexual secretions
- 1 2 3 4 5 - loss or thinning of pubic hair
- 1 2 3 4 5 - early cessation of menses, irregular cycle
- 1 2 3 4 5 - profuse or scanty urination frequent or difficult urination
- 1 2 3 4 5 - decreased range of motion of spine and joints
- 1 2 3 4 5 - difficulty conceiving or carrying to term
- 1 2 3 4 5 - weak or sore low back, hips, knees, ankles or feet lack of stamina and endurance
- 1 2 3 4 5 - needs to sleep a lot
- 1 2 3 4 5 - diminished motivation and apathy
- 1 2 3 4 5 - forgetfulness and mental dullness
- 1 2 3 4 5 - puffiness or swelling of feet and ankles
- 1 2 3 4 5 - weak vision, dull hearing
- 1 2 3 4 5 - low humming or buzzing in ears (tinnitus)
- 1 2 3 4 5 - sore throat from fatigue or in the morning
- 1 2 3 4 5 - easily defeated and disgruntled

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CONFLICTS BETWEEN ORGAN NETWORKS



- 1 2 3 4 5 - cold hands and feet with feeling of fullness in throat, chest, or abdomen
- 1 2 3 4 5 - indigestion with nausea, bloating, flatulence, belching
- 1 2 3 4 5 - erratic elimination, constipation or diarrhea
- 1 2 3 4 5 - spasm, pain of esophagus, stomach, intestines, uterus
- 1 2 3 4 5 - thirst for alternately cold and hot liquids
- 1 2 3 4 5 - sensitivity or aversion to strong odors or flavors
- 1 2 3 4 5 - erratic cravings for fatty, sour, or sweet foods
- 1 2 3 4 5 - erratic appetite, difficulty knowing what to eat
- 1 2 3 4 5 - tenderness, tension and heaviness in muscles, especially head, neck, jaw, elbows or knees
- 1 2 3 4 5 - headache with heaviness, or pressure behind eyes
- 1 2 3 4 5 - headaches with nausea, diarrhea sensitivity to light, noise, heat and humidity
- 1 2 3 4 5 - vacillates between assertiveness and ambivalence, irritability and lethargy
- 1 2 3 4 5 - variable blood sugar
- 1 2 3 4 5 - eating disorders
- 1 2 3 4 5 - food sensitivity or intolerance
- 1 2 3 4 5 - irritable bowel



- 1 2 3 4 5 - slow digestion and sluggish intestines
- 1 2 3 4 5 - weak gums and loose teeth
- 1 2 3 4 5 - dryness and thirst with water retention
- 1 2 3 4 5 - sore, swollen joints or muscles
- 1 2 3 4 5 - heaviness, weakness and soreness of head, neck, back, sacrum and limbs
- 1 2 3 4 5 - loose or dry, small stool with bloating
- 1 2 3 4 5 - frequent, scanty or difficult urination
- 1 2 3 4 5 - variably strong or diminished libido
- 1 2 3 4 5 - easily chilled in back, belly, legs or arms
- 1 2 3 4 5 - craves salty or sweet foods, causing constipation, dryness and water retention
- 1 2 3 4 5 - edema
- 1 2 3 4 5 - rheumatism
- 1 2 3 4 5 - cystitis, urethritis, vaginitis, leucorrhea
- 1 2 3 4 5 - prostatic hypertrophy or prostatitis
- 1 2 3 4 5 - distractible, insecure, volatile or apathetic, inert



- 1 2 3 4 5 - insomnia or restless sleep alternating with heavy slumber and difficulty awakening
- 1 2 3 4 5 - nervousness or mood swings with fatigue and lumbar weakness easily overheated or chilled
- 1 2 3 4 5 - hot chest, head, ears, face and hands, with cold belly, buttocks and feet
- 1 2 3 4 5 - easily enthused but difficult to sustain effort or excitement
- 1 2 3 4 5 - melancholy and restless after prolonged mental or physical exertion
- 1 2 3 4 5 - sexually excitable but difficult to sustain arousal or achieve release
- 1 2 3 4 5 - spine stiffness and lack of muscle tone
- 1 2 3 4 5 - anxiety, despair, phobias
- 1 2 3 4 5 - nausea, diarrhea, urinary frequency associated with anxiety or fright
- 1 2 3 4 5 - craves salty, spicy food and stimulants (nicotine and caffeine)
- 1 2 3 4 5 - chronic endometritis / cervicitis / urethritis
- 1 2 3 4 5 - chronic sleep disturbances
- 1 2 3 4 5 - hyper-hypothyroid syndrome



- 1 2 3 4 5 - sensitivity to changes in temperature and humidity
- 1 2 3 4 5 - easily overheated but can't sweat
- 1 2 3 4 5 - dry cough with heat in throat or chest
- 1 2 3 4 5 - flushes when coughing, laughing, or sneezing heat triggers sneezing, itchy throat or rashes
- 1 2 3 4 5 - dry skin with cracking, redness and itching, especially from cold and dryness
- 1 2 3 4 5 - light sleeper and wakes easily
- 1 2 3 4 5 - itching and inflammation of vagina or urethra without discharge
- 1 2 3 4 5 - alternately euphoric and melancholic, hysterical or depressed easily hurt
- 1 2 3 4 5 - craves spicy, hot foods and stimulants
- 1 2 3 4 5 - sun allergy
- 1 2 3 4 5 - hives, eczema, rashes, worse in daytime
- 1 2 3 4 5 - chronic dry, inflamed nose and throat

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- 1 2 3 4 5 - tense, stiff neck, shoulders, chest, or loins
- 1 2 3 4 5 - irregular bowel movements
- 1 2 3 4 5 - sensitivity or aversion to strong odors or flavors
- 1 2 3 4 5 - loss of ability to smell
- 1 2 3 4 5 - irregular, tense or shallow breathing
- 1 2 3 4 5 - wheezing or sighing
- 1 2 3 4 5 - sensitive, easily irritated skin or mucous membranes of upper respiratory or genito- urinary tracts
- 1 2 3 4 5 - sensitivity or aversion to heat, dryness, wind, drafts or sudden changes in weather
- 1 2 3 4 5 - feels awkward expressing feelings or reactions
- 1 2 3 4 5 - craving for fatty, sour and spicy foods
- 1 2 3 4 5 - hives, itching, worse at night
- 1 2 3 4 5 - sensitive and reactive to rage or rejection
- 1 2 3 4 5 - seasonal sinusitis or hay fever
- 1 2 3 4 5 - bursitis, lumbago or sciatica that comes and goes
- 1 2 3 4 5 - neck spasms, and occipital or lateral headaches
- 1 2 3 4 5 - depressed, sad, quiet, angry

ELEMENTAL ARCHETYPES



- 1 2 3 4 5 - feel confident, act assertively
- 1 2 3 4 5 - ambitious and enjoy being competitive
- 1 2 3 4 5 - openly discuss my abilities and achievements
- 1 2 3 4 5 - comfortable with challenges, conflict, or pressure
- 1 2 3 4 5 - enjoy being first, best, unique, even outlandish
- 1 2 3 4 5 - feel right, even if others disagree or disapprove
- 1 2 3 4 5 - tend to be pushy or provocative
- 1 2 3 4 5 - take pleasure in public recognition
- 1 2 3 4 5 - comfortable directing or leading others
- 1 2 3 4 5 - follow my own hunches
- 1 2 3 4 5 - like to take the initiative
- 1 2 3 4 5 - comfortable acting boldly and decisively
- 1 2 3 4 5 - tend to reject or argue with other peoples' opinions, especially of me



- 1 2 3 4 5 - enjoy the pleasure of my senses
- 1 2 3 4 5 - easily know what another thinks and feels
- 1 2 3 4 5 - enjoy physical contact and emotional intimacy
- 1 2 3 4 5 - enjoy excitement and stimulation
- 1 2 3 4 5 - easily share my innermost feelings and desires
- 1 2 3 4 5 - tend to live in the here-and-now
- 1 2 3 4 5 - see the humorous side of life
- 1 2 3 4 5 - thoroughly enjoy getting what I want
- 1 2 3 4 5 - get involved easily and enjoy being moved emotionally
- 1 2 3 4 5 - optimistic and hopeful despite what others may say
- 1 2 3 4 5 - identify and sympathize with another's joy and pain
- 1 2 3 4 5 - unabashed in showing affection, enthusiasm and excitement
- 1 2 3 4 5 - enjoy being attractive and magnetic



- 1 2 3 4 5 - agreeable and accommodating
- 1 2 3 4 5 - nurturing and supportive, puffing other's needs first
- 1 2 3 4 5 - enjoy frequent socializing with friends and family
- 1 2 3 4 5 - enjoy being relied upon for reassurance & help
- 1 2 3 4 5 - the hub of my social and family networks
- 1 2 3 4 5 - enjoy settling disputes so that all parties are satisfied
- 1 2 3 4 5 - involved in other peoples' lives
- 1 2 3 4 5 - like to create a relaxed and comfortable environment for others
- 1 2 3 4 5 - loyal & accessible to friends, family, & coworkers
- 1 2 3 4 5 - tend to be diplomatic and tactful, a consensus builder
- 1 2 3 4 5 - happy to rely on the skill and intelligence of others
- 1 2 3 4 5 - like getting close and being needed
- 1 2 3 4 5 - comfortable and open even with people I don't know well

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- 1 2 3 4 5 - prefer a neat and orderly lifestyle
- 1 2 3 4 5 - enjoy a convivial but undemanding social life
- 1 2 3 4 5 - committed to high moral principles and conduct
- 1 2 3 4 5 - comfortable when proper procedures are followed
- 1 2 3 4 5 - enjoy tasks that require logical, and systematic approaches to problem-solving
- 1 2 3 4 5 - meticulous, tasteful and discriminating
- 1 2 3 4 5 - self-contained, not overly-involved in other's affairs
- 1 2 3 4 5 - work effectively in situations where goals and guidelines are well defined
- 1 2 3 4 5 - willing to accept the authority of those with more competence
- 1 2 3 4 5 - enjoy solving puzzles and mysteries
- 1 2 3 4 5 - put virtue and principle before pleasure and fulfillment
- 1 2 3 4 5 - temperate and moderate likes things to run calmly and smoothly



- 1 2 3 4 5 - cautious and sensible
- 1 2 3 4 5 - particularly enjoy solitude
- 1 2 3 4 5 - curious and imaginative
- 1 2 3 4 5 - tend to keep feelings, thoughts, and opinions to myself
- 1 2 3 4 5 - content being anonymous, a "fly on the wall"
- 1 2 3 4 5 - doesn't mind being considered unusual or eccentric
- 1 2 3 4 5 - excited by intellectual pursuits
- 1 2 3 4 5 - content figuring things out for myself
- 1 2 3 4 5 - careful about what I reveal to other people
- 1 2 3 4 5 - stubborn defender of the truth as I see it
- 1 2 3 4 5 - patient and persevering in spite of defeats or dead ends
- 1 2 3 4 5 - objective and fair, regardless of what others think
- 1 2 3 4 5 - preferably self-sufficient and independent
- 1 2 3 4 5 - cherishing privacy and a few good friends
- 1 2 3 4 5 - like to reflect upon my place in the grand scheme of things