



Constitutional Type Questionnaire

Patient Name _____ Date _____

Please rate each statement in this questionnaire using point scale numbers, as it applies to you, then total up point scale numbers for each category.

Point Scale 0 – *Never or almost never* have the symptom 3 – *Often* have it, very much so
1 – *Rarely* have it, hardly at all 4 – *Always* have it, completely
2 – *Occasionally* have it, to some extent

Arg n

- _____ I get anxious before an important event.
- _____ I have a strong craving for sweet things.
- _____ My memory is not very good.
- _____ I often have a fear of going out, or of walking over bridges, of heights or of closed places like elevators.
- _____ I often find myself walking fast, even when there is no reason to hurry.
- _____ Sometimes I have strong impulses to do strange or dangerous things but I do not act on them.
- _____ I feel more comfortable in cold, fresh air.
- _____ I have bloating or diarrhea.

_____ **Total**

Ars

- _____ I worry about my own health or about the wellbeing of my family.
- _____ I am fussy about cleanliness.
- _____ When I feel anxious, I pace about the room, especially at night, sometimes to the point of exhaustion.
- _____ I am a terrible worrier about small things.
- _____ I generally do not have much appetite, but I like to sip warm drinks frequently.
- _____ I often cannot sleep at night, or I wake up with anxiety.
- _____ I am worse when it is cold and better when it is hot.
- _____ I have dry, flaky skin.

_____ **Total**

Aur

- _____ I have suffered from depression my whole life.
- _____ I have considered suicide.
- _____ I feel I have to do something important with my life.
- _____ Failure is my worst fear.
- _____ Music is soothing to me.
- _____ Generally, I feel better in the summer.
- _____ My aches and pains feel better at night.
- _____ I crave open air.

_____ **Total**

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Calc

- _____ I worry about what other people think of me.
- _____ I enjoy eating eggs, especially soft boiled.
- _____ I work slowly, but I am reliable.
- _____ I feel as if I am cracking up and won't be able to cope.
- _____ I often wear socks at night because my feet are cold in bed.
- _____ As a child, I had a larger than average head.
- _____ I tend to put on weight easily.
- _____ I am troubled by nightmares.

_____ **Total**

Carc

- _____ I sleep with my knees tucked up to my chest.
- _____ I have lots of moles and birth marks.
- _____ I enjoy traveling.
- _____ I enjoy eating chocolate.
- _____ I am a perfectionist.
- _____ I love a good thunderstorm.
- _____ There has been a lot of cancer in my family.
- _____ I put other's needs in front of my own.

_____ **Total**

Caust

- _____ Injustice makes me angry.
- _____ My voice is hoarser.
- _____ I am sensitive to changes in the weather.
- _____ I am sensitive to the suffering of others.
- _____ I sometimes stammer, mispronounce words, or have to repeat a question before answering it.
- _____ I have suffered long lasting stress in my personal life.
- _____ I might lose a little urine now and then, especially during coughing or sneezing.
- _____ I have had warts near the tip of my fingers or on my face.

_____ **Total**

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Ign

- _____ I have been hurt deeply in love because I gave myself completely.
- _____ I often find myself sighing.
- _____ I get a lump in my throat.
- _____ I hate to be consoled when I'm sad.
- _____ My muscles twitch.
- _____ My physical condition can change very rapidly and unpredictably.
- _____ Emotional shock has caused many of my problems.
- _____ I am very sensitive to pain, smells or sound.

_____ **Total**

Lach

- _____ I am very talkative and tend to wander from one topic to another during a conversation.
- _____ I am a jealous or envious person.
- _____ I am suspicious of other people's motives.
- _____ People describe me as an intense person.
- _____ I can't stand to be overheated.
- _____ I feel bad after waking up, either from a short or long sleep.
- _____ I blush easily.
- _____ I hate clothes that are too tight around my neck or chest.

_____ **Total**

Lyc

- _____ I don't like to speak in public, or to take on new responsibilities, but I do fine once I get started.
- _____ I am reserved or aloof, and feel more comfortable keeping people at a distance.
- _____ I have poor self-confidence.
- _____ I prefer small groups of close friends rather than large social gatherings.
- _____ I have a low energy period from 4 pm to about 8 pm in the evening.
- _____ I may get sentimental and weep when someone thanks me or expresses appreciation.
- _____ I dislike being alone in the house, yet I dislike staying in the same room with someone.
- _____ I frequently suffer from gas or some other kind of digestive complaints.

_____ **Total**

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Med

- _____ I like to be near the ocean.
- _____ My performance is erratic — sometimes very good, sometimes bad.
- _____ I have had infections or discharges from my genital organs.
- _____ I am afraid of closed narrow places, such as elevators.
- _____ I remember having sexual feelings or masturbating as a child.
- _____ I tend to be lively at night, but I have a hard time getting going in the morning.
- _____ I crave oranges, or sour fruit, or like to chew on ice.
- _____ I often have hot feet and like to stick them out from under the bed covers.

_____ **Total**

Natrum mur

- _____ I find it hard to cry in public even after very sad news.
- _____ People talk to me about their problems, but I don't like others to console me or make a fuss about me.
- _____ I am very sensitive to being hurt or humiliated.
- _____ I think about past disappointments, or hold grudges for a long time.
- _____ I feel worse in the sun or when the weather warms up in summer.
- _____ I get cold sores on my lips.
- _____ I suffer from insomnia as a result of grief or insults.
- _____ I often have a strong desire for salty things.

_____ **Total**

Nux v

- _____ I get irritated if I can't get things done right.
- _____ I am bothered by sloppiness or inefficiency.
- _____ I am an ambitious and competitive person.
- _____ I have a bad temper but may feel sorry about it afterwards.
- _____ I am irritated by loud noise.
- _____ I feel worse in the morning.
- _____ I often wake early, and have trouble falling asleep again.
- _____ I tend to overindulge in food, drink, or sex.

_____ **Total**

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Phos

- _____ I am outgoing, and make contact easily, and have lots of friends.
- _____ I am very sensitive to other people and also easily influenced by them.
- _____ I am fearful of the dark, or of thunderstorms, or of deep water.
- _____ I readily understand other people's feelings.
- _____ I like cold, juicy and refreshing things, like iced water or ice-cream.
- _____ I tend to get nosebleeds or bruise easily, or have bleeding gums.
- _____ I function on high energy yet I burn out easily, feeling fatigued afterwards.
- _____ I get tired quickly and feel better after a short sleep.

_____ **Total**

Puls

- _____ I long for affection and like to be hugged or held.
- _____ My moods and inclinations change quickly.
- _____ I have difficulty making decisions.
- _____ When I have a problem, I feel better if I can talk to someone about it.
- _____ I dislike the fat on meat, or other fatty, greasy things.
- _____ I have pain or discomfort that changes locations frequently.
- _____ I have nasal congestion (catarrh) which is worse in a hot room.
- _____ I am sensitive to the cold, but I dislike hot, stuffy rooms, and often need fresh air when others are comfortable.

_____ **Total**

Sep

- _____ At times I lose affection for my family and friends.
- _____ I have very little interest in sex.
- _____ I say nasty things to my family and then feel guilty for doing so.
- _____ I do not like to be cold.
- _____ When I am depressed, I prefer to be left alone.
- _____ I feel better after dancing, intense exercise, or listening to lively music.
- _____ I feel nauseated from the smell of cooking, or lose my appetite completely.
- _____ I have suffered from sluggish digestion or chronic constipation.

_____ **Total**

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Sil

- _____ I am afraid of sharp objects.
- _____ I have low self-confidence, give in easily, and lack courage when it comes to standing up for myself, or to speaking in public.
- _____ I have difficulty making up my mind, because I get caught up in the details, rather than seeing the big picture.
- _____ I feel tired or rundown, but still push myself to finish things.
- _____ I tend to develop scar tissue after injuries or surgery.
- _____ My hands are cold and sweaty.
- _____ My nails break easily and/or my hair is fine in texture.
- _____ I get infections easily.

_____ **Total**

Staph

- _____ I hold in my anger or sometimes don't even realize I'm angry until several days later.
- _____ I get angry about mistreatment of me by other people.
- _____ I have had styes in my eyes.
- _____ I tend to fantasize or dwell on sexual matters.
- _____ I sometimes masturbate to fall asleep at night.
- _____ I tend to itch all over my body.
- _____ My bladder gives me problems.
- _____ I feel sleepy during the day and sleepless at night.

_____ **Total**

Sul

- _____ I am intelligent and imaginative, and I can turn useless things into something useful.
- _____ I tend to be messy or untidy.
- _____ I have strong opinions and enjoy discussion and debate with others.
- _____ I am outgoing and sociable.
- _____ I like to eat spicy, rich food.
- _____ I don't like to stand for long periods, and I prefer to slouch in the nearest chair or couch.
- _____ I often feel too hot; even in winter, or I have dry burning skin.
- _____ I feel thirsty.

_____ **Total**

Constitutional Type Questionnaire

Thuj

- _____ I feel fragile— like I am made of glass.
- _____ I feel phoney— people wouldn't like me if they knew what I am like.
- _____ I am secretive.
- _____ I hate onions or onions really upset my system.
- _____ I have warts— or I used to have many warts.
- _____ Some of my health problems started after vaccinations.
- _____ My perspiration is sweet smelling or offensive.
- _____ I have dreams of falling.

_____ **Total**