

**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/enjoyable to you. Circle the number that most closely matches you in the past month. If it does not apply at all, leave it blank.

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_



- 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
- 1 2 3 4 5 - 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 - 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)



- 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 - 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



- 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



- 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



- 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



- 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

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- 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



- 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

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- 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, putting 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



- 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

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- 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