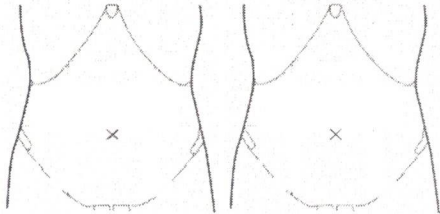


## Emotion

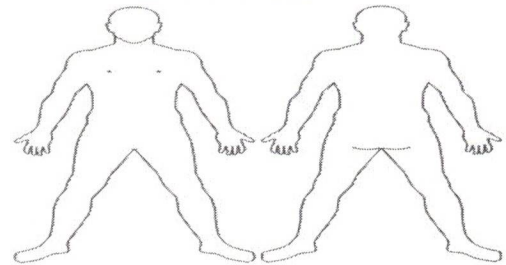
<b>①-1 Angry</b> irritable and angry easily. Bad-tempered, Petulant, frenzy	<b>①-2 Excitement</b> Easily get excitement	<b>② Worry.</b> worry about small things Hypochondria – worry about my health all the time	<b>③ Sensitive</b> very sensitive and easily get frustrated,	<b>④ Nervous</b> emotionally feel uncomfortable and unrested most of time. feeling being chased and rushed Restlessness, impatience, nervousness
<b>⑤ Sad.</b> Often feel sad and want to cry. feeling sadness, immediately moved to tears. couldn't help crying.	<b>⑤ Hwabyung</b> Endure the anger and what I have to say. Feel unfairly treated, hwabyung	<b>⑥ Fear.</b> : I'm a timid person and easily get scared. Fearful & get frightened easily Fear. : I'm a timid person and easily get scared. Fearful & get frightened easily	<b>⑦ Depressed.</b> no fun and depressed. dark, stagnation, concealment, avoidance, passive, dependent, helpless	

Area of discomfort:

작약 : 이두박근, 배근육



대조 : 삼두박근, 어깨근육, 등배근육



협하: 시호, 황금

**Basic Charting** : Mark ☐ if it is applicable.

**Sickness**

Cold with a sore throat : Easily get sore throated. Have a sore throat. Hurts to swallow

Fever : Low ~ High

Body Aches : Feels chilly. Body aches. Cold : Runny nose, Phlegm, Coughing

**Cold**

★Easily trembles with cold because my body is generally cold. Usually Often Sometimes Rarely

★My lower abdomen gets cold. Usually Often Sometimes Rarely

**Heat**

★Get hot easily because I have a lot of heat in my body. Usually Often Sometimes Rarely

★My upper body and face flush. Nervous Excited Hot Drinking Menopause

**Perspiration & Hydration**

◆I sweat Usually Often Sometimes Rarely

◆I generally drink water or beverage A lot Often Rarely.

**Appetite & Digestion**

★My digestion is Very good Normal Weak Very Weak.

When I ( Eat too much am stressed) I get upset stomach. Usually Often Sometimes Rarely

When I get upset stomach, I have symptoms of Bloating in the stomach Bloating in the whole abdomen Stuffy chest Headache

**Defecation**

◆ I generally pass my bowels \_\_\_ times every \_\_\_ days Constipation Normal Loose stool Diarrhea

★ When I don't pass my bowels In the morning, a day, 2-3days, 3-4days), I get (extremely, moderately) bloated and feel (extremely, moderately) discomfort.

★ I do get loose stools and diarrhea when I get cold abdomen/ eat or drink cold stuff milk, beer & alcohol spicy food oily food/ get stressed eat a lot

**Urination**

◆ I have very frequent frequent seldom urination than others.

◆ I ( always sometimes rarely never) have incomplete emptying of the bladder

**Menstruation**

◆Cycle ( Regular Irregular ) ◆ Cramp ( very severe severe moderate little)

◆ Menstrual blood ( heavy normal scanty dark pale clots)

**Thorax**

◆ I ( always sometimes rarely never ) get palpitation

◆ I ( always sometimes rarely never get ) chest congestion

**Sleep**

★ I normally sleep good bad

◆ I ( always sometimes rarely) can't fall asleep within ( 30min 1~2hr 2~3hrs 3 or more hrs) especially when I'm ( stressed tensed in other places preparing for a big day tomorrow hearing noises sensing a light)

**Whole Body**

◆ Stamina ( very high high normal low very low)

★ I easily get swelling on my ( hands feet legs face whole body).

☐ My legs swell up easily when I walk or standing

◆ What brings you here?

## Details Charting

◆What happens when you are stressed, tired, emotionally affected?

### Cold & Heat

◆Body Temperature Scale: Heat ① ② ③ ④ ⑥ ⑦ ⑧ ⑨ ⑩ Cold ① ② ③ ④ ⑥ ⑦ ⑧ ⑨ ⑩

☐ I can't sleep in the cold Cold makes my body stiff and heavy.

☐ I need to wear more layers compared to other people when it's cold

◆ My (hands, feet or \_\_\_\_\_) are ☐ cold ☐ very cold and achy ☐ numb.

I wear socks during sleep even in the (☐ Spring, ☐ Summer, ☐ Fall) time.

◆ My (hands, feet or both) are warm. I have a burning sensation in my (hands, Feet or both)

### Perspiration

◆ My (☐ hands ☐ feet ) sweat a lot. After I sweat in sauna, I feel (☐ heavy ☐ light )

◆ I drink water and beverages, because I feel (☐ dry mouth, ☐ thirsty, ☐ habitually ☐ it's healthy)

◆ I drink alcohol \_\_\_times/week. From drinking alcohol, I easily get ☐ drunk ☐ face and body get very red ☐ sick

◆ I have a history of ☐ fatty liver ☐ jaundice ☐ hepatitis ☐ high liver enzyme level ☐ other liver conditions family history

### Digestion

◆ I (☐ often, ☐ sometimes) get (☐ acid regurgitation ☐ heart burn ☐ nausea belching) when (eating spicy food, drinking alcohol, stressed, early morning, empty stomach, car sick, brushing teeth)

☐ Have a weak stomach. ☐ Feels nauseous and throws up. ☐ Usually have a car sick. ☐ Burps often

◆ Generally, my appetite is (☐ very good, ☐ normal, ☐ little) and the portion is (☐ large, ☐ medium, ☐ small)

◆ When I miss a meal, I feel (☐ weak and tired ☐ normal) and ☐ get hungry right away

### Defecation

◆ Usually have a ☐ constipation ☐ diarrhea ☐ I can't pass a bowel when I am stressed or at unfamiliar place.

◆ Laxatives: ☐ Now ☐ Before

◆ I frequently have feeling of Incomplete Bowel Movement (tenesmus). Severely Moderately Rarely

◆ Even though I get diarrhea, I feel (☐ light ☐ fatigue and heavy).

◆ I (☐ always ☐ sometimes ☐ rarely ☐ never) get severe gas retention.

### Urination

◆ I generally urinate \_\_\_ times in daytime & \_\_\_ times at night. I have nocturnal enuresis \_\_\_ times a month.

◆ I (☐ always ☐ sometimes ☐ rarely ☐ never) have incomplete emptying of the bladder therefore ☐ I have to go more often and ☐ it gets worse when I'm stressed or tired.

◆ I have ☐ urgency ☐ incontinence ☐ hesitancy of urination or ☐ dysuria hematuria ☐ cloudy urine and ☐ pain when bladder is full

### Menstruation

◆ How many? Children \_\_\_ Abortion \_\_\_ C-section\_\_\_. Gets bruises often. Varicose veins, Sublingual blue vein, Blue tongue,

◆ Near My period I feel or get (☐ chills ☐ body ache ☐ low grade fever ☐ like to eat more ☐ like to meat ☐ like to eat sugary ☐ poor digestion ☐ poor appetite, constipation before the period ☐ loose stool or diarrhea after the period ☐ swelling and edema ☐ fatigue sleepy ☐ nervous ☐ tensed ☐ petulant ☐ insomnia

### Thorax

◆ I (☐ always ☐ sometimes ☐ rarely ☐ never) get palpitation when I'm (☐ stressed ☐ excited ☐ tensed ☐ tired) with (☐ nervousness ☐ flushed face ☐ spontaneous sweating ☐ shortness of breath)

◆ I (☐ always ☐ sometimes ☐ rarely ☐ never) get chest congestion when I'm (☐ stressed ☐ excited ☐ tensed ☐ tired) with (☐ feeling oppressed ☐ feeling hot ☐ feeling squeezing ☐ feeling stiffness) in the chest and ☐ shortness of breath.

☐ I'm sighing all the time

☐ I get shortness of breath when I (☐ run ☐ walk fast ☐ walk up the stairs) that is (☐ very severe ☐ severe ☐ manageable)

### Sleep

◆ I (☐ always ☐ sometimes ☐ rarely ☐ never) had sleeping issue before. ◆ I (☐ used to ☐ currently) taking sleeping medication.

◆ I (☐ always ☐ sometimes ☐ rarely) can't fall asleep within (☐ 30min ☐ 1~2hr ☐ 2~3hrs ☐ 3 or more hours) especially when I'm (☐ stressed ☐ tensed ☐ in other places ☐ preparing for a big day tomorrow ☐ hearing noises sensing a light).

◆ I normally sleep \_\_\_ hrs a day from \_\_\_PM/AM to \_\_\_ AM/PM. ☐ I'm sleepy all the time and ☐ I sleep more than others ☐ When I sleep 1-2hrs less than what I used to, I get very exhausted.

◆ I drink \_\_\_ cups of coffee. ☐ Coffee never bothers my sleep. ☐ Coffee disturbs sleep only when I drink it in the afternoon.

◆ Coffee disturbs my sleep (☐ a lot ☐ a little). ☐ When I drink coffee, I get (☐ palpitation ☐ jittery)

### Whole Body

☐ Feel tired all the time and easily get tired. I never feel tired ☐ I'm still functional without sleep whole day.

◆ I easily get swelling on my (☐ hands ☐ feet ☐ legs ☐ face ☐ whole body)

☐ My legs swell up easily when I walk or standing too long

◆ When I am too stressed, I ☐ lose my voice ☐ have a sore throat. ☐ I need to clear up my throat often.

◆ When I am stressed My lips feel dry. My mouth feels dry. I can taste bitterness.

◆ My eyes feel tired when I sit on the opposite direction of a train's direction or look out the windows in a car ride.

◆ My neck and shoulder feel sore. Usually Often Sometimes Rarely

☐ I get dizzy when I stand up. Usually gets cramp

◆ I have very sensitive skin that gets red, itchy and irritated by ☐ scratching ☐ wearing metal accessories ☐ using certain cosmetic product ☐ wearing synthetic fabrics



# Personality and Emotional Questionnaire

Please choose the one that describes you and mark ○ for always for sometimes × for never or > < for the closer one

陽(Yang)	陰(Yin)
☞ When my body condition is poor and under stress I get or do:	
<input type="checkbox"/> Go out and meeting people or do some activities	<input type="checkbox"/> Never want to go out and avoid people just staying home
<input type="checkbox"/> Emotional Eating (eating without Hunger)	<input type="checkbox"/> Become very lazy and don't want to move at all
<input type="checkbox"/> I'm always in a rush	<input type="checkbox"/> slow and relaxed
<input type="checkbox"/> extrovert	<input type="checkbox"/> Introvert
<input type="checkbox"/> Dynamic personality	<input type="checkbox"/> Static personality
<input type="checkbox"/> Bright and Cheerful	<input type="checkbox"/> dark and depressed
<input type="checkbox"/> Active	<input type="checkbox"/> Passive <input type="checkbox"/> Dependent
<input type="checkbox"/> Always face the problem and try to solve it	<input type="checkbox"/> avoid problems
<input type="checkbox"/> Talkative	<input type="checkbox"/> taciturn
<input type="checkbox"/> Easily express emotions	<input type="checkbox"/> Hard to express emotions
<input type="checkbox"/> Have to say what's in mind	<input type="checkbox"/> Endure the anger and what I have to say
<input type="checkbox"/> When I have a problem with someone, I have to deal with it.	<input type="checkbox"/> Even though other person did wrong, I don't mention and get over with it.
<input type="checkbox"/> Easily get angry	<input type="checkbox"/> I don't get angry
<input type="checkbox"/> Petulant	<input type="checkbox"/> I endure my anger
<input type="checkbox"/> Easily get excited and frenzy	<input type="checkbox"/> I might get angry 1~2 times out of 10 in the situation that I supposed to be angry
<input type="checkbox"/> bad-tempered <input type="checkbox"/> Fierce <input type="checkbox"/> Vigorous	
<input type="checkbox"/> Easily get frustrated and to be hurried	<input type="checkbox"/> No rush and no Hurry for me
<input type="checkbox"/> lack of patience	<input type="checkbox"/> Very patient
<input type="checkbox"/> decisive	<input type="checkbox"/> Think too much, it is hard to make a decision
<input type="checkbox"/> easily get tensed and nervous	<input type="checkbox"/> worry about small things
<input type="checkbox"/> emotionally feel uncomfortable and unrested most of time	<input type="checkbox"/> Hypochondria – worry about my health all the time
<input type="checkbox"/> fearless and brave	<input type="checkbox"/> Timid <input type="checkbox"/> Easily get frightened <input type="checkbox"/> I feel scared without no reason
<input type="checkbox"/> There is definite line for right and wrong for me	<input type="checkbox"/> I hate scary movies and I cannot watch it alone
<input type="checkbox"/> I cannot withstand wrongful things and justice is very important to me	<input type="checkbox"/> I am scared to <input type="checkbox"/> stay home alone <input type="checkbox"/> walking alone at night
<input type="checkbox"/> I have a clear measurement of like and dislike person.	<input type="checkbox"/> stay alone in the dark room
<input type="checkbox"/> Easy for me to end Any relationship instantly and permanently	<input type="checkbox"/> Fear of Bugs, Insects and rats
<input type="checkbox"/> have to finish what I have started	
<input type="checkbox"/> I feel the need to do everything myself at work	<input type="checkbox"/> Reduced affect display – lack of emotion
	<input type="checkbox"/> depressed emotion <input type="checkbox"/> lonesome <input type="checkbox"/> Sad Emotion <input type="checkbox"/> feel like to cry sometimes
	<input type="checkbox"/> Life is no fun <input type="checkbox"/> cannot find meaning of my life <input type="checkbox"/> I feel my self useless