

Acupuncture Questionnaire

Print Name: _____ Date: _____

INSTRUCTIONS: Fill out this form by circling or checking the boxes that apply to you at least 80% of the time. Do this fairly quickly without thinking about it too much. Be nonjudgmental with your answers. Leave blank any boxes that do not apply to you or of which you are uncertain. There are no correct answers. Your honesty will result in a better treatment.

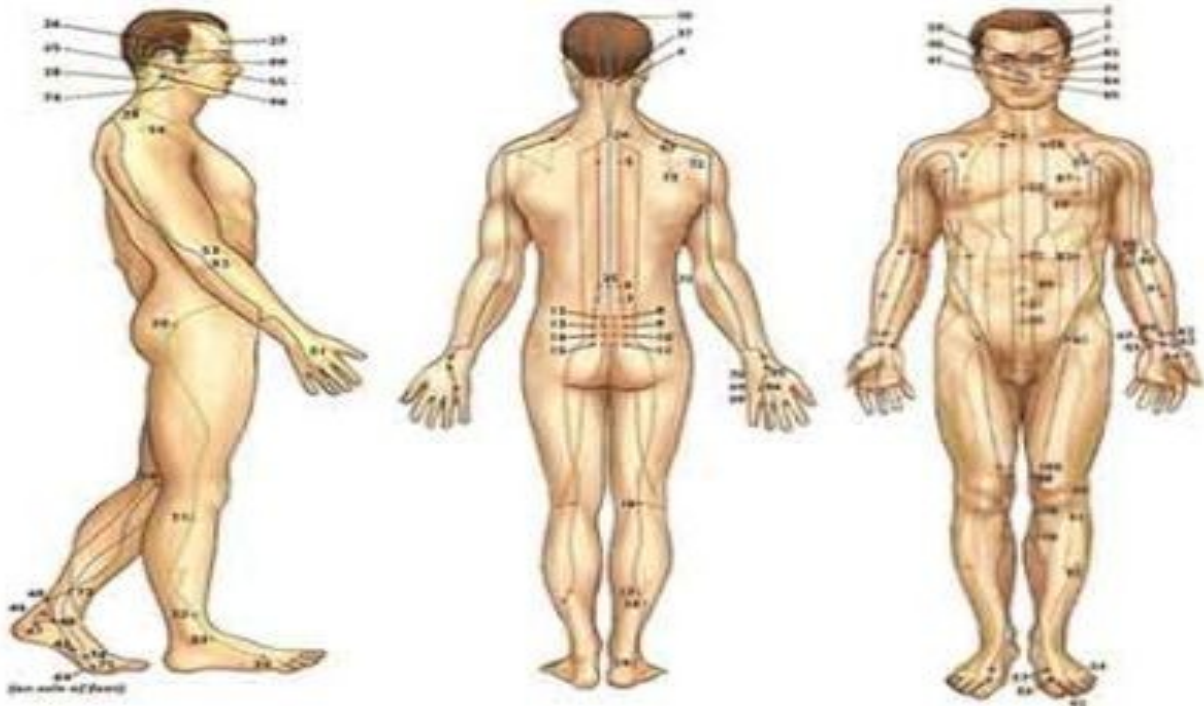
1. Start by listing in order of importance (1 being the most important) the reasons you wish to see the doctor.

1)	6)
2)	7)
3)	8)
4)	9)
5)	10)

2. Please circle one answer for each of the following questions.

Five phase questions	Wood	Fire	Water	Earth	Metal
My favorite season	Spring	Summer	Winter	Harvest (late summer)	Autumn
My favorite color	Blue-Green (turquoise)	Red	Dark, Blue or Black	Yellow (earth tones)	White
My favorite taste	Sour, citric, acidic	Bitter, roasted	Salty	Sweetness	Spicy, flavorful
My predominant emotional tendency	I tend to get angry	I am excitable	I get scared	I tend to worry	I tend to feel sad
My predominant psychological characteristic	I tend to be anxious and irritable.	I am joyful and creative.	I am willful and ambitious.	I often find myself in deep thought.	I tend to get depressed.
My usual reaction to stress	I clench. My muscles get tight.	I tend to cry.	I tremble. My body feels shaky.	My stomach feels upset.	My chest feels tight.

3. Please use the anatomical figures provided to mark the area or areas where you have pain or other problems. Please be as accurate as possible about the location or locations.



JUE YIN / SHAO YANG	SHAO YIN / TAI YANG	TAI YIN / YANG MING
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Pain Assessment	Pain Assessment	Pain Assessment
Location	Location	Location
Onset	Onset	Onset
Provocation	Provocation	Provocation
Radiation to	Radiation to	Radiation to
Quality: <input type="checkbox"/> Constant <input type="checkbox"/> Intermittent <input type="checkbox"/> Sharp <input type="checkbox"/> Dull <input type="checkbox"/> Pressure <input type="checkbox"/> Burning	Quality: <input type="checkbox"/> Constant <input type="checkbox"/> Intermittent <input type="checkbox"/> Sharp <input type="checkbox"/> Dull <input type="checkbox"/> Pressure <input type="checkbox"/> Burning	Quality: <input type="checkbox"/> Constant <input type="checkbox"/> Intermittent <input type="checkbox"/> Sharp <input type="checkbox"/> Dull <input type="checkbox"/> Pressure <input type="checkbox"/> Burning
Severity: 1 2 3 4 5	Severity: 1 2 3 4 5	Severity: 1 2 3 4 5

4. Please check any statements that applies to you:

JUE YIN / SHAO YANG

FIRE

KM

(MH - Master of the Heart)

- I can be characterized as: irritable, easily angered, anxious, nervous and emotionally unstable at times.
- I tend to harbor grudges and have explosive anger.
- I tend to get headaches.
- I suffer with insomnia.
- I prefer dark chocolate.
- I suffer from fatigue.
- I tend to find problems in any situation.
- I suffer from premature ejaculation.
- I tend to repeat certain activities to relieve anxiety.
- I tend to obsess about things, including sex.

KT

(TH - Triple Heater)

- I can be characterized as: clear thinking and decisive.
- I get agitated and this results in insomnia.
- I tend to grind my teeth and have tight jaws.
- I tend to have great self-confidence.
- I suffer with muscular aches and cramps.
- I tend to be well muscled, well built and need to stretch.
- I generally speak rapidly.
- I suffer from hot flashes.
- I suffer from ringing in my ears.
- I tend to tap my fingers and fidget.

WOOD

CR

(GB - Gallbladder)

- I can be characterized as: indecisive, well built and /or having dark circles under my eyes.
- I lack self-confidence.
- I am sensitive to ridicule.
- I tend towards depression.
- I suffer from fatigue.
- I tend to suffer from insomnia when I am insecure and sleep poorly waking up between 11pm and 3am.
- I have neck and shoulder problems.
- I suffer from temporal and occipital headaches.
- I have gallbladder and / or digestive problems.
- I do not enjoy new challenges.
- I tend to have lateral or side hip pain
- I tend to have recurrent muscle injuries.
- My stool tends to float and smell putrid.
- I like silence.

AM
(LR - Liver)

- I can be characterized as: timid, concealing myself or hiding behind walls.
- I am reluctant to face challenges.
- I prefer chocolate.
- I am sensitive to caffeine and I need it as a pick-me-up.
- I started wearing glasses as a young child and have recurrent eye problems, like infections.
- I have tension in my neck and upper back.
- I suffer from migraine or tension-type headaches.
- I tend to have itchy skin or coarse brittle hair.
- I have genital infections, like Herpes Simplex Virus.
- My palms tend to be sweaty requiring a handkerchief.
- I wait for others to open doors for me.
- I tend towards anger and irritability.

TAI YIN / YANG MING

EARTH

DW
(SP - Spleen)

- I can be characterized as: round, fleshy, with full lips, calm and peaceful.
- I have a history of abdominal bloating and diarrhea.
- I suffer from anemia, menstrual and fertility problems , PMS, uterine, prolapse or recurrent infections.
- I suffer from heaviness in thighs and calves.
- I tend to have little hair, dry mouth or cracked lips.
- I suffer from varicosities or cold feet.
- I am affected by dampness.
- I tend to like sweets.
- I may or may not like to be touched.
- I lack ambition, I will not exert myself ever and if I could I would lie around in bed all day.
- I get upset by changes.
- I tend to be sensitive to flavors and odors.
- I tend to be absent-minded or obsessive.

NC
(LU - Lung)

- I can be characterized by having: long thin features, narrow chest, slight shoulders, often sighing with occasional shortness of breath.
- I have a history of respiratory problems such as COPD with cough and productive phlegm, bronchitis, pneumonia or
- asthma.
- I have had problems quitting smoking.
- I suffer from skin disorders like eczema or psoriasis.
- I tend to have respiratory allergies.
- I am affected by dryness and /or sweat a lot.
- I have a history of constipation alternating with diarrhea.
- I have been diagnosed with IBS.
- I tend to be organized and methodical.
- I tend to have low appetite.
- I am honest, meticulous, stingy and righteous.
- I tend toward depression, especially in winter.
- I have been diagnosed with seasonal affective disorder.

METAL

FG

(LI - Large Intestine)

- I can be characterized as: gaunt, thin, peevish, often in a bad mood and preoccupied with having bowel movements.
- I have a history of recurrent sinusitis, cold and cough.
- I suffer from a coated tongue, bad breath, and variable appetite.
- I suffer from intestinal disturbances like colic, constipation and occasional diarrhea.
- I tend towards depression.
- I have been diagnosed with bipolar disorder.
- I have a strong belief in honor, duty, responsibility and have a healthy respect for the law.
- I tend to feel tired, worn out and melancholy.

EWP

(ST - Stomach)

- I can be characterized as: a gourmet, I gain weight easily, enjoy life, I am spiritual, a pleasure seeker, and have an aversion to noise.
- I have been diagnosed with digestive problems like heartburn, gastroesophageal reflux disease, peptic ulcer disease, or I have sluggish digestion.
- I suffer from tennis elbow and / or dental disease.
- I suffer from sores in my mouth.
- I have been diagnosed with an eating disorder.
- I tend to get tired in the late afternoon.
- I suffer from gum problems.
- I tend to enjoy the sensation of touch.
- I tend to eat rich foods.

SHAO YIN / TAI YANG

FIRE

LF

(HT - Heart)

- I can be characterized as: flamboyant, passionate, dramatic and I am often the life of the party.
- I frequently exude heat, I feel flushed, sweaty, and angry.
- I tend towards sexual hyperactivity.
- I tend to suffer from chest pain, palpitation and I have been diagnosed with hypertension.
- I have had one or more of the following problems: arm pain, cold feet, stiff joints and puffy eyes.
- I tend to be talkative or noisy.
- I tend to be creative and impulsive.
- I cannot sleep when I am nervous.
- I tend to like a lot of colors, especially red.
- I tend to worry repeatedly about the same thing.

CN

(SI - Small Intestine)

- I can be characterized as: energetic, competitive, imposing and impatient.
- I tend to be nervous and touchy.
- I suffer from migrating pains and occasional headaches.
- I am in reasonable shape and well muscled.
- I suffer from lower back spasm and scant urine.
- I tend to have light menstrual periods.
- I suffer from cold hands.
- I tend to have low blood pressure.
- I am often tired and lightheaded.

WATER

MA

(BL - Bladder)

- I can be characterized as: intelligent, hyperanalytical, but often indecisive or fearful.
- I have a history of recurrent: urinary tract infection, urethritis, incontinence and kidney problems.
- I am capable of paranoia or psychotic immobility.
- I tend to have poor stamina and /or low libido.
- I tend to go on binges and suffer from digestive problems.
- I have lower back pain.
- I tend to get a stiff neck.
- I become mentally incoherent when I am tired.

SB

(K - Kidney)

- I can be characterized as a: perpetual student, inhibited, passive, fearful, hestiant, private, secretive, apprehensive, capable of paranoia and I prefer to be alone.
- I suffer from problems of will, motivation and self-discipline.
- I am sexually egocentric and hypoactive.
- I have suffered from recurrent: sore throats, toncilitis, kidney, infections or kidney stones.
- The front of my neck feels sensitive.
- I suffer from frequent urination, especially when I am cold or stressed.
- I am prematurely gray or balding.
- I tend to be suspicious, wary and keep secrets.
- I have an affinity for water and salt, but I dislike cold.
- I tend to be chilly with cold hands and feet.
- I suffer from lower back pain, nontraumatic knee pain and joint ache when I am tired.
- I suffer from problems with hearing and / or balance.
- I am sensitive to noise and music.
- I tend to not communicate well.