



FIND YOUR PATTERN WORKSHEET- FOR MEN

This quiz will help you find your Chinese medicine pattern. Most people will have one to two primary patterns, and the rest are secondary. Simply check the symptoms that BEST describes you, which have been consistently occurring for at least three months in each category. Add up the scores at the end of each section. The top two (with the highest total score) will be your pattern (s).

YIN DEFICIENCY

- Night sweat
- Difficulty falling and staying asleep (frequent waking)
- Having to use bathroom at least once per night
- Body temperature tends to run hot
- Low morphology
- Low volume of sperm
- Seminal emission
- Hairloss at a young age
- Ringing in the ear
- Premature graying of hair

Total _____

QI DEFICIENCY

- Fatigue after meals
- Chronic loose stools/diarrhea
- Fatigue from exercise
- Bloating
- Heartburn
- Craving sweets
- Low sperm count
- Low sperm motility
- Easily sweat upon exertion
- Pre-mature ejaculation

Total _____

YANG DEFICIENCY

- Very cold body
- Craving hot drinks
- Frequent urination
- Incontinence
- Watery stools with undigested food
- Swelling of limbs
- Pale face
- Erectile Dysfunction
- Low libido
- Extreme fatigue

Total _____

QI STAGNATION

- Irritability and moodiness
- Varicocele
- Unable to maintain erection
- Frequent headaches
- Easily frustrated
- Prone to anger
- Constipation
- Depression
- Irritable bowel
- stress worsens all symptoms

Total _____

