



FIND YOUR PATTERN WORKSHEET

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).

BLOOD DEFICIENCY

- Frequent dizziness
 - Dry eye
 - Dry or brittle nails
 - Anxiety
 - Heart palpitations
 - Nervousness
 - Shortness of breath
 - Poor memory
 - Blurry vision or floaters
 - Forgetfulness
 - Constipation with stools that are hard to pass
 - Amenorrhea (lack of periods)
 - Light menstrual flow (less than 4 days or only needing light absorbency tampons and pads)
 - Inability to concentrate
 - Whole body coldness
- Total** _____

QI DEFICIENCY

- Fatigue after meals
 - Bloating
 - Chronic loose stools/diarrhea
 - Heartburn
 - Mid-cycle spotting
 - Craving sweets
 - Fatigue from exercise
 - Bruise easily
 - Heavy bleeding during period
 - Over-worry
 - Period lasting longer than 7 days
 - Poor appetite
 - Menstrual cramp (bearing down sensation in the uterus)
 - Easily sweat upon exertion
 - Inability to lose weight
- Total** _____

YIN DEFICIENCY

- Craving cold drinks
 - Dry skin
 - Ringing in the ear
 - Dry mouth
 - Lack of cervical mucus
 - Dry hair
 - Excessive dreaming
 - Vaginal dryness
 - Night urination
 - Low libido
 - Premature graying of hair
 - Night sweats
 - Hot hands and feet at night
 - Early miscarriage
 - Short menstrual cycle (less than 26 days)
- Total** _____

QI STAGNATION

- Cold hands and feet
 - Delayed ovulation and/or cycle longer than 35 days
 - Breast tenderness before period
 - Easily frustrated
 - Irritability and moodiness
 - Prone to anger
 - Dark clots during period
 - Constipation
 - Feels better after exercise
 - Depression
 - Frequent headaches
 - Period stops/starts
 - Stools that are dry and like small pebbles
 - Irritable bowel
 - stress worsens all symptoms
- Total** _____

YANG DEFICIENCY

- Craving hot drinks
 - VERY cold body (needing long sleeve in the summer)
 - Swelling of limbs
 - Extreme fatigue
 - Frequent urination
 - Pale face
 - Late term miscarriage
 - Watery stools with undigested food
 - Incontinence
 - Spontaneous sweating
 - Absence of thirst
- Total** _____