

Instructions for Homeopathic Intake Form

Please answer the questions on the following pages as carefully, thoughtfully, and accurately as possible. Many of the questions may not seem directly related to your problem or main complaint, however, each one may help determine which homeopathic remedy is best suited for you. **All information in this questionnaire is kept confidential.**

The questionnaire is designed to be user friendly. You can answer many of the questions by placing a circle around the appropriate number. For example:

Which weather conditions are you most troubled by?

Circling a number closer to the clear end means that you are more troubled by clear weather.

Circling a number closer to the cloudy end means that you are troubled by cloudy weather.

Cloudy 1 2 3 4 5 6 7 8 9 10 Clear

In this example, the person is bothered or the symptoms are worse in clear weather.

Some questions will ask you to rate how much you are troubled by a single particular symptom or how much of this quality characterizes you in general. Circling number "1" means that you are troubled very little while marking "10" means that you are troubled a lot. For example:

Do you worry about any of the following?

Circling closer to "10" means that you worry about your health a lot. Circling closer to "1" means that you do not worry about your health.

1 2 3 4 5 6 7 8 9 10 Health

In this example, the person worries a little about his/her health.

Some questions ask you to circle the answer you think best fits you. For example:

What are your feelings toward disease?

Optimistic
 Doubtful of Recovery
 Fearful
 Despair of Recovery

In this example the person is optimistic about his or her health!

The following general symptoms pertain to you as a whole person.

Which weather conditions are you most troubled by?

- Cloudy Clear
1 2 3 4 5 6 7 8 9 10
- Wet Dry
1 2 3 4 5 6 7 8 9 10
- Damp cold Snow (Dry Cold)
1 2 3 4 5 6 7 8 9 10
- 1 2 3 4 5 6 7 8 9 10 Storms
- 1 2 3 4 5 6 7 8 9 10 Wind
- 1 2 3 4 5 6 7 8 9 10 Fog
- 1 2 3 4 5 6 7 8 9 10 Hot Sun

Circle which seasons cause you the most trouble?

- Winter Spring
- Fall Summer

Are you worse being in the:

- Mountains At the seashore
1 2 3 4 5 6 7 8 9 10

Are you generally sensitive to and/or troubled by:

- 1 2 3 4 5 6 7 8 9 10 Bright Light
- 1 2 3 4 5 6 7 8 9 10 Darkness
- 1 2 3 4 5 6 7 8 9 10 Open Air
- 1 2 3 4 5 6 7 8 9 10 Stuffy Rooms
- 1 2 3 4 5 6 7 8 9 10 Tight Clothing
- 1 2 3 4 5 6 7 8 9 10 Noise
- 1 2 3 4 5 6 7 8 9 10 Odors
- 1 2 3 4 5 6 7 8 9 10 Drafts

Are you generally chilly or warm?

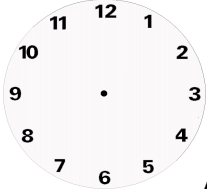
- Chilly Warm
1 2 3 4 5 6 7 8 9 10

Which are you generally most sensitive to, warm or cold?

- Cold Warm
1 2 3 4 5 6 7 8 9 10

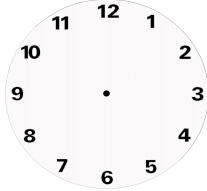
What times of day are you generally worst (mood, energy, symptoms, etc.) What times are you best?

Worst

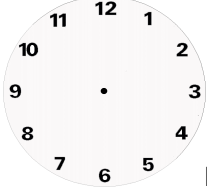


AM

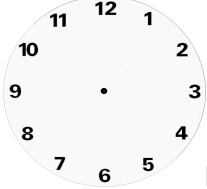
Best



AM



PM



PM

Circle any symptoms you have during sleep.

- Tooth Grinding
- Restlessness
- Talking
- Perspiration
- Frequent Urination
- Excess Heat
- Excess Cold
- Laughing
- Snoring
- Nightmares
- Recurring Dreams
- Sleepwalking

Circle what you prefer. Do you sleep:

- Without Covers Partly Covered
- Fully Covered (Not including Head)
- Fully Covered (Including Head)
- With Arms or Legs Out of the Covers
- Without Clothing
- With a Fan or Air Blowing on You
- With the Window open

What position do you sleep in most often?	1 2 3 4 5 6 7 8 9 10	Alcohol
Right Side	On Back	1 2 3 4 5 6 7 8 9 10
Left Side	On Abdomen	1 2 3 4 5 6 7 8 9 10
How much do you perspire?	1 2 3 4 5 6 7 8 9 10	Bacon
Never	All the Time	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Do you have difficulty waking?	1 2 3 4 5 6 7 8 9 10	Bread alone
Never	All the Time	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Do you wake unrefreshed?	1 2 3 4 5 6 7 8 9 10	Bread with butter
Never	All the Time	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Food Desires and Aversions:	1 2 3 4 5 6 7 8 9 10	Butter alone
<i>In the following questions you are asked how much you desire or are averse to a particular food or taste. Please answer from the point of view of your natural desires, not your knowledge of nutrition. For example, you may never eat fatty meat because this is known to increase cholesterol, however you do love the taste of fat. Answer the question that you like fat. If you strongly desire or crave a food or taste, mark 10. If you detest a food or taste, mark 1.</i>	1 2 3 4 5 6 7 8 9 10	Cheese
	1 2 3 4 5 6 7 8 9 10	Chocolate
	1 2 3 4 5 6 7 8 9 10	Coffee
	1 2 3 4 5 6 7 8 9 10	Pastries
	1 2 3 4 5 6 7 8 9 10	Eggs
	1 2 3 4 5 6 7 8 9 10	Fat (on meat)
	1 2 3 4 5 6 7 8 9 10	Fish
	1 2 3 4 5 6 7 8 9 10	Fruit
	1 2 3 4 5 6 7 8 9 10	Fruit (sour)
	1 2 3 4 5 6 7 8 9 10	Grain products (pasta, bread, cereal, etc.)
Tastes:		
1 2 3 4 5 6 7 8 9 10	Sweet	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Sour	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Salty	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Bitter	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Spicy (hot)	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Smoked	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Juicy	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Refreshing	1 2 3 4 5 6 7 8 9 10
1 2 3 4 5 6 7 8 9 10	Pungent	1 2 3 4 5 6 7 8 9 10
Foods:	1 2 3 4 5 6 7 8 9 10	Nut butters
		Oysters

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1 2 3 4 5 6 7 8 9 10 Pickles

1 2 3 4 5 6 7 8 9 10 Vegetables

1 2 3 4 5 6 7 8 9 10 Vinegar

Temperature of food. Which do you prefer?

Warm Food Cold Food
1 2 3 4 5 6 7 8 9 10

Warm Drinks Cold Drinks
1 2 3 4 5 6 7 8 9 10

Do you notice any specific tastes in your mouth (e.g., metallic, bitter, foul, etc.)?

How thirsty are you generally?

Not at all Very
1 2 3 4 5 6 7 8 9 10

How strong in general are the following emotional symptoms?

The most mark 10. The least mark 1.

1 2 3 4 5 6 7 8 9 10 Anxiety
(worry and fear)

Do you worry about any of the following? 10 means the most, 1 the least.

1 2 3 4 5 6 7 8 9 10 Creative Activities

1 2 3 4 5 6 7 8 9 10 Emotions

1 2 3 4 5 6 7 8 9 10 Financial Security

1 2 3 4 5 6 7 8 9 10 Health

1 2 3 4 5 6 7 8 9 10 Mental Functioning

1 2 3 4 5 6 7 8 9 10 Morals
(past indiscretions)

1 2 3 4 5 6 7 8 9 10 Others well being
(family and close friends)

1 2 3 4 5 6 7 8 9 10 Religion

1 2 3 4 5 6 7 8 9 10 Social Life

1 2 3 4 5 6 7 8 9 10 Social Position

1 2 3 4 5 6 7 8 9 10 The Future

1 2 3 4 5 6 7 8 9 10 Work

1 2 3 4 5 6 7 8 9 10 Irresolution
(Not being able to decide or stick to a decision)

1 2 3 4 5 6 7 8 9 10 Capriciousness
(Willfulness, changeable and erratic desires that are difficult to satisfy)

1 2 3 4 5 6 7 8 9 10 Selfishness

Frightened Easily Never Afraid
1 2 3 4 5 6 7 8 9 10

Answer as honestly as you can about your personality traits.

Stingy Overly generous
1 2 3 4 5 6 7 8 9 10

Thrifty Extravagant
1 2 3 4 5 6 7 8 9 10

Hurried, impatient Slow
1 2 3 4 5 6 7 8 9 10

Messy Fastidious
1 2 3 4 5 6 7 8 9 10

Calm Restlessness
1 2 3 4 5 6 7 8 9 10

Indolence (Lazy) Always busy
1 2 3 4 5 6 7 8 9 10

Shyness/Timid/Bashful Outgoing
1 2 3 4 5 6 7 8 9 10

Anger Mildness
1 2 3 4 5 6 7 8 9 10

Lack of moral sense Guilty
1 2 3 4 5 6 7 8 9 10

Not Religious Highly Religious
1 2 3 4 5 6 7 8 9 10

Obstinate (stubborn) Yielding
1 2 3 4 5 6 7 8 9 10

Heedless/Reckless Cowardice
1 2 3 4 5 6 7 8 9 10

In regard to being with other people or in company?

Aversion 1 2 3 4 5 6 7 8 9 10 Desire for

Circle the expression that best describes your feelings about the following issues.

Significant past emotionally traumatic events:

Resolved Grief Dwells on Past
Inconsolable Remorse
Guilt

Feeling towards people close to you:

Loving Affectionate
Indifferent Resentment
Hatred

Feeling toward disease/condition:

Optimistic Discouraged
Fearful Despair of recovery

Feeling toward life

Love life Indifferent
Bored Weary of life
Loathing of life Desires death
Suicidal thoughts
Suicidal disposition

Feeling toward spouse/lover:

Loving Affectionate
Dissatisfaction Disappointed
Indifferent Resentment
Hatred

How much do you have the following symptoms? 1 hardly ever, 10 often

1 2 3 4 5 6 7 8 9 10 Irritability

1 2 3 4 5 6 7 8 9 10 Jealousy

1 2 3 4 5 6 7 8 9 10 Mood

Alternating Moods Even Moods
1 2 3 4 5 6 7 8 9 10

Circle which best expresses your general mood.

Morose Sad
Apathy/Indifferent Excitement
Exhilaration

How do you experience sympathy or consolation?

Like Dislike
1 2 3 4 5 6 7 8 9 10

Better from Worse from
1 2 3 4 5 6 7 8 9 10

How talkative are you in general?

Aversion to talking Talkative
1 2 3 4 5 6 7 8 9 10

Not trusting Trusting
1 2 3 4 5 6 7 8 9 10

Gullible Suspicious
1 2 3 4 5 6 7 8 9 10

How often and easily do you weep?

Never Often
1 2 3 4 5 6 7 8 9 10

How often do you experience clairvoyance?

Never Often
1 2 3 4 5 6 7 8 9 10

How is your level of self-confidence?

Lack of confidence Pride/Haughty
1 2 3 4 5 6 7 8 9 10

How impulsive are you?

Never Often
1 2 3 4 5 6 7 8 9 10

How afraid are you of the following?

1, never. 10, very afraid.

- 1 2 3 4 5 6 7 8 9 10 Animals
- 1 2 3 4 5 6 7 8 9 10 Being alone
- 1 2 3 4 5 6 7 8 9 10 Death
- 1 2 3 4 5 6 7 8 9 10 Relative's Death
- 1 2 3 4 5 6 7 8 9 10 Impending Disease
- 1 2 3 4 5 6 7 8 9 10 Downward Motion
- 1 2 3 4 5 6 7 8 9 10 Evil
- 1 2 3 4 5 6 7 8 9 10 Failure
- 1 2 3 4 5 6 7 8 9 10 Falling
- 1 2 3 4 5 6 7 8 9 10 Ghosts
- 1 2 3 4 5 6 7 8 9 10 Heights
- 1 2 3 4 5 6 7 8 9 10 Insanity
- 1 2 3 4 5 6 7 8 9 10 Misfortune
- 1 2 3 4 5 6 7 8 9 10 Of a Crowd
- 1 2 3 4 5 6 7 8 9 10 People
- 1 2 3 4 5 6 7 8 9 10 Robbers/Intruders
- 1 2 3 4 5 6 7 8 9 10 Snakes
- 1 2 3 4 5 6 7 8 9 10 Spiders
- 1 2 3 4 5 6 7 8 9 10 Strangers
- 1 2 3 4 5 6 7 8 9 10 Having a Stroke
- 1 2 3 4 5 6 7 8 9 10 That something will happen
- 1 2 3 4 5 6 7 8 9 10 Darkness
- 1 2 3 4 5 6 7 8 9 10 Thunderstorms
- 1 2 3 4 5 6 7 8 9 10 Water
- 1 2 3 4 5 6 7 8 9 10 Wind

Are you forgetful of any of the following?

(1 not at all, 10 a lot)

- 1 2 3 4 5 6 7 8 9 10 Dates
- 1 2 3 4 5 6 7 8 9 10 Names
- 1 2 3 4 5 6 7 8 9 10 Numbers
- 1 2 3 4 5 6 7 8 9 10 Of what someone just said to you
- 1 2 3 4 5 6 7 8 9 10 Of what you just said
- 1 2 3 4 5 6 7 8 9 10 Of words

How often do you make mistakes with the following?

- 1 2 3 4 5 6 7 8 9 10 Numbers
- 1 2 3 4 5 6 7 8 9 10 Words (reading)
- 1 2 3 4 5 6 7 8 9 10 Words (speaking)
- 1 2 3 4 5 6 7 8 9 10 Words (writing)

How sensitive are you to any of the following?

- 1 2 3 4 5 6 7 8 9 10 Beauty
- 1 2 3 4 5 6 7 8 9 10 Criticism
- 1 2 3 4 5 6 7 8 9 10 Cruel Stories
- 1 2 3 4 5 6 7 8 9 10 Frightening things
- 1 2 3 4 5 6 7 8 9 10 Being made fun of
- 1 2 3 4 5 6 7 8 9 10 Music
- 1 2 3 4 5 6 7 8 9 10 Reprimand
- 1 2 3 4 5 6 7 8 9 10 Rudeness
- 1 2 3 4 5 6 7 8 9 10 The suffering of others

Patient Name: _____

Date: _____ 7

How do you handle conflict usually?

Quarrelsome Yielding
1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10 Insolent
(insult, boldly rude)

1 2 3 4 5 6 7 8 9 10 Rage

1 2 3 4 5 6 7 8 9 10 Rudeness

1 2 3 4 5 6 7 8 9 10 Striking others

How are you in regard to authority?

Bossy/Dictatorial Yielding/Fawning
1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10 Striking self

1 2 3 4 5 6 7 8 9 10 Violence

How critical are you of others?

Not at All All the Time
1 2 3 4 5 6 7 8 9 10

How often do you have sexual desire?
desire and not your actual frequency

Never 1x/year 1x/3 mo.
1x/mo. 2x/mo. 1x/wk.
2x/wk. 4x/wk. 1x/day
2x/day 4x/day

How critical are you of yourself?

Not at All All the Time
1 2 3 4 5 6 7 8 9 10

How often do you actually have sex?

Never 1x/year 1x/3 mo.
1x/mo. 2x/mo. 1x/wk.
2x/wk. 4x/wk. 1x/day
2x/day 4x/day

How often do you reproach (find fault, scold, or blame) others?

Not at All All the Time
1 2 3 4 5 6 7 8 9 10

What worries or concerns do you have about your sexual life?

Not enough desire Too much desire
1 2 3 4 5 6 7 8 9 10

How often do you reproach yourself?

Not at All All the Time
1 2 3 4 5 6 7 8 9 10

Not enough sex Too much sex
1 2 3 4 5 6 7 8 9 10

How honest are you?

Always Lie Always honest
1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10 Lack of enjoyment

How often do you have the following behaviors?

1 2 3 4 5 6 7 8 9 10 Abusive

1 2 3 4 5 6 7 8 9 10 Difficulty reaching orgasm

1 2 3 4 5 6 7 8 9 10 Biting

1 2 3 4 5 6 7 8 9 10 Impotence

1 2 3 4 5 6 7 8 9 10 Breaks Things

1 2 3 4 5 6 7 8 9 10 Troubling fantasies or thoughts

1 2 3 4 5 6 7 8 9 10 Contrary
(Opposite to what is logically expected)

1 2 3 4 5 6 7 8 9 10 Sexual confidence

1 2 3 4 5 6 7 8 9 10 Cursing

1 2 3 4 5 6 7 8 9 10 Unusual sexual practices/ desires

1 2 3 4 5 6 7 8 9 10 Disobedience