

Energetics Quiz

Mark an X next to each statement that feels true to you, then add up the number of true statements in A. A higher total in the first column indicates more **heat** qualities. A higher total in B indicates more **cooling** qualities.

A

- I tend to feel warmer than others _____
- I tend to have a loud voice _____
- My entire face can easily get red or flushed _____
- My tongue tends to be bright red _____
- I have lots of opinions and I'm not afraid to share them _____
- I prefer cold weather _____
- I have a large appetite _____
- I am a more active person _____
- Total _____

B

- I tend to feel colder than others _____
- I tend to have a quiet voice _____
- My face and/or fingernail beds tend to be pale _____
- My tongue tends to be a pale color _____
- I often feel like I have a low energy level _____
- I prefer warm weather _____
- I have a small poor appetite _____
- I am a less active person _____

Mark an X next to each statement that feels true to you, then add up the number of true statements in A. A higher total in the first column indicates more **damp** qualities. A higher total in B indicates more **dry** qualities.

A

- I tend to sweat more easily than others _____
- My skin and hair are often oil _____
- My arms and legs can feel heavy _____
- I often have a stuffy or runny nose _____
- I tend to have a thick coating on my tongue _____
- I prefer dry climates and don't like humidity _____
- Total: _____

B

- My skin tends to be rough and dry _____
- My hair tends to be dry _____
- My fingernails are dry and or brittle _____
- I often have itchy skin and scalp _____
- I often have a dry throat, nose, eyes, and/or mouth _____
- My tongue does not usually have a coating on it _____

Total: _____