

Name: _____

Date: _____

HOMEOPATHIC GENERALS FORM

Please circle the answers to the corresponding statements as honestly and accurately as possible. Some of these questions may not seem directly related to your health concerns, however they will help us find the best homeopathic remedy for you. Feel free to add explanations to your answers if you so choose.

WEATHER

Cold weather affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Rainy or humid weather affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Hot weather affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Change of weather affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Wind or thunderstorms affect me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I can tolerate exposure to warm sun (around 85 degrees) for a duration of

10 min. or less 10-30 min. 30-60 min. 1-2 hours 2-4 hours 4 hours or more

I generally feel better in the following atmosphere/weather

Mountains Seashore Dry weather Rainy/Stormy weather Sunny weather Cloudy weather

My symptoms get worse during the following seasons:

No season affects my symptoms Spring Summer Fall Winter

If so, which symptoms worsen? _____

ENVIRONMENT

Bright light affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Warm rooms affect me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Cold open air affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Loud noise affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Cold drafts affect me negatively (fans, A/C, wind)

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Strong odors affect me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree



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TIME OF DAY

The time of day that I generally feel the **best** or the most energetic is _____ AM/PM until _____ AM/PM

The time of day that I generally feel the **worst** or have the lowest energy is _____ AM/PM until _____ AM/PM

GENERAL PHYSICAL CHARACTERISTICS

I tend to become uncomfortable faster in a room that is

Warmer than usual (80 degrees) Cooler than usual (60 degrees) (Circle the one that tends to bother you more)

Tight clothing affects me negatively (If so, around what part of the body? _____)

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

During sleep, I experience the following

Restlessness Sleep walking Teeth grinding Uncovering Perspiration Heat Coldness Snoring
Strange dreams Talking in sleep Frequent urination Frequent waking (at a specific hour? _____)

My usual sleep position is

On back On abdomen On side (right or left?) Feet/arms uncovered Fully covered Head also covered

In general, I tend to perspire

Never Only with exertion When heated When cold When nervous Easily, all the time

The part of my body where I tend to perspire the most is _____

FOOD & DRINKS

I crave the following flavors strongly on a daily basis (you may circle more than one)

Sweet Salty Sour Spicy Bitter Smoked Pungent

I crave the following types of food or drinks strongly on regular basis (you may circle more than one)

Apples Bacon Beer Bread Butter Cake/Cookies Cheese Chocolate Coffee Eggs Fish
Fresh fruit Fried food Frozen food Garlic Ham Ice Ice cream Indigestible things (clay, chalk, etc.)
Lemons/Lemonade Liquor Meat Milk Nuts/Nut butters Onions Olives Oranges Pastries Pickles
Potatoes Salsa Sausage Shellfish Tea Vegetables Wine Other: _____

If all food were healthy, I would enjoy the following foods/drinks multiple times per day:

I tend to dislike the following foods, drinks, or flavors:

With regard to thirst, on an average temperature day without physical exertion, I feel the need to drink water or another beverage to quench my thirst

Almost never Several times per day Several times per hour Every few minutes

I prefer my water

Hot Room temperature Cold Ice cold

I prefer my food

Hot Cold No strong preference



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FEARS

I have a strong fear of:

- | | | |
|-------------------------------|-----------------------------------|-------------------------------------|
| Darkness | Becoming seriously ill | Knives or needles |
| Thunderstorms | Loved one becoming ill or injured | Blood |
| Heights or falling | Ghosts | Spiders or insects |
| Small or narrow places | Evil | Snakes |
| Strangers | Failure | Animals (what kind? _____) |
| Robbers/intruders | Poverty | Being alone |
| Water, lakes, or the ocean | Death | Being in public or in a crowd |
| Contagious disease/germs | Insanity | That something terrible will happen |
| Other fears or phobias: _____ | | |

MENTAL & EMOTIONAL CHARACTERISTICS

In general, I tend to feel restless

Almost never Less than once a week Once a week Once a day More than once a day

In general, I tend to feel the need to keep things clean or organized

Almost never Less than once a week Once a week Once a day More than once a day

In general, I tend to feel impatient or hurried

Almost never Less than once a week Once a week Once a day More than once a day

In general, I tend to feel suspicious

Almost never Less than once a week Once a week Once a day More than once a day

In general, I tend to feel jealous or envious

Almost never Less than once a week Once a week Once a day More than once a day

In general, I tend to feel irritable or angry (whether you express it or not)

Almost never Less than once a week Once a week Once a day More than once a day

In general, I tend to criticize myself

Almost never Less than once a week Once a week Once a day More than once a day

In general, I tend to criticize others (either verbally or in my thoughts)

Almost never Less than once a week Once a week Once a day More than once a day

I think about disagreeable or troubling events from the past

Almost never Less than once a week Once a week Once a day More than once a day

I have urges to throw things, hit people/things, or break things (whether you act on this desire or not)

Never/Almost never Less than once a week Once a week Once a day More than once a day

I have urges to hurt myself (whether you act on this urge or not)

Never/Almost never Less than once a week Once a week Once a day More than once a day

I cry easily or often

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

If someone upsets or offends me, I feel nervous confronting that person about it

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree Only with authority figures

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I am offended easily by rudeness or injustice

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I am overly sensitive to hearing sad or cruel stories about children, adults, or animals

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

Being scolded, reprimanded, or criticized affects me negatively

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I am frightened or startled easily

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I often worry about social status and success

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I often feel impulsive, or have sudden changes in mood or behavior

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I have difficulty making decisions

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I have a strong desire to travel or to be outdoors in nature

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I have a strong religious or spiritual faith

Strongly disagree Slightly disagree Neutral Slightly agree Strongly agree

I am often forgetful of the following

Dates Names Numbers Words Places Faces Recent events Distant past events
 What I was about to say What someone just told me What I was about to do What I just did What I just said

I have had dreams or daydreams that have come true (clairvoyant or prophetic dreams)

Less than twice Less than 4 times Less than 10 times More than 10 times

Regarding any past emotionally traumatic events, I feel

Grief Guilt Anger Fear Sadness Shame Indifference Peace Empowerment
 Other: _____

Regarding my health condition, and the possibility of recovery, I feel

Very optimistic Hopeful Somewhat doubtful Discouraged Fearful Severe despair

In general, my overall outlook on life at this time is

Very optimistic Generally positive Indifferent Pessimistic
 Loathing life Desire death Suicidal thoughts Suicidal plans

When I am feeling sad or upset, at the very worst point, I need

To be completely alone To have someone nearby To be distracted from my feelings
 To vent about what I am feeling To have someone talk to me about what I'm feeling, and console me

If I am feeling at my worst, the following makes me feel much better (circle any that apply)

Rest/Sleep Massage/Pressure Crying Yelling Music Dancing
 Company Being alone Talking Quiet Darkness Sunshine Eating
 Gentle exercise Vigorous exercise Exposure to heat Exposure to cold



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Anything else that consistently makes you feel better: _____

Anything that consistently makes you feel worse: _____

(If you have a partner/spouse) My general feeling toward my partner/spouse is

Loving Affectionate Indifferent Dissatisfied Disappointed Resentment Disgust Hatred

The frequency of my sexual desire or interest is (whether you act on this desire or not)

Never/Less than 1x/year 1-6 x/year Every 1-2 months Every 1-2 weeks 2-4x/week More than once/day

(If sexually active) Approximate frequency of intercourse

Never/Less than 1x/year 1-6 x/year Every 1-2 months Every 1-2 weeks 2-4x/week More than once/day

Approximate frequency of masturbation

Never/Less than 1x/year 1-6 x/year Every 1-2 months Every 1-2 weeks 2-4x/week More than once/day

I experience the following (circle any that apply):

Lack of sexual enjoyment Difficulty reaching orgasm
Troubling sexual thoughts Impotence