

Temperamental Evaluation Form

CATEGORY	SANGUINOUS HOT & MOIST	PHLEGMATIC COLD & MOIST	BILIOUS HOT & DRY	MELANCHOLIC COLD & DRY
FRAME	Medium to large frame, more muscle	Medium to large frame, more fat	Medium frame, lean	Thin, bony frame (short / tall)
GAIT	Macho stride	Slow pace	Firm stride	Quick / Anxious pace
SPEECH PATTERNS	Clear, moderate to loud	Slow, soft	Sharp, talkative, loud	Fast, less vocal, soft
COMPLEXION and SKIN TEXTURE	Reddish (light skin) or shiny (dark skin), Moderate in softness and moistness, warm	Whitish / pale Cool, moist, soft	Warm, dry	Dry, rough, cold
PERSONALITY TRAITS	Persuasive, sociable, outgoing, talkative <i>a get acknowledged person</i> Extrovert	Calm, accommodating, patient, good listener <i>a get along person</i> Introvert	Resourceful, outspoken, dominant, leader, may be short tempered <i>a get it done person</i> Extrovert	Thoughtful, logical, analytical, tend to be a perfectionist <i>a get it right person</i> Introvert
EMOTIONAL TRAITS	Playful, cheerful, excitable, disorganized, tends to exaggerate	Shy, self-contained, indecisive	Aggressive, angry, irritable, impatient	Fearful, insecure, suspicious, anxious
CLIMATIC PREFERENCES	Prefers cold, dry conditions, Winter and Autumn	Prefers hot, dry conditions, Summer and Spring	Prefers cold, moist conditions, Winter and rainy weather	Prefers hot, moist conditions, Summer and raining weather
SLEEP PATTERNS	Moderate to Deep, 6 to 8 hours	Heavy, tendency to oversleep, at least 8 hours	Low but sound, tendency towards insomnia, 5 to 6 hours	Interrupted, tendency towards insomnia, 6 to 7 hours
FOOD and DRINK	Healthy appetite with a moderate to excessive thirst, Prefers cold drinks	Slow, steady appetite, low thirst, can skip meals, Prefers hot drinks	Healthy appetite, excessive thirst, cannot skip meals, Prefers cold drinks	Irregular and variable appetite and thirst, Prefers hot drinks
HEALTH PROBLEMS	Hypertension, Diabetes	Phlegm related disorders	Heat related disorders	Indigestion and gas related disorders



SANGUINOUS
HOT & MOIST



PHLEGMATIC
COLD & MOIST



BILIOUS
HOT & DRY



MELANCHOLIC
COLD & DRY



*Please note:

The **column with the most ticks** is your **dominant temperament** & the **column with the second most ticks** is your **sub-dominant temperament**