

Temperamental Evaluation Form

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

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**



A Science of Medicine
The Art of Care