

Energy Type Questionnaire

This is not a medical diagnosis form. Medical conditions must be presented to your medical doctor. This is a Complementary Health Questionnaire for self-care planning and assessment.

For each of the following choose 'Y' for yes or 'N' for No.

Questions list Kyo i):

1. Do you often feel fatigued, worn out or tired (apart from for good reason in specific occasions)?
Y/N
2. Do you feel the cold easily or feel sensitive to cold weather or drafts?
Y/N
3. Do you tend to get mild aches, pains or discomfort that responses well to local heat or touch?
Y/N
4. Are you normally pale of complexion?
Y/N
5. Are you sometimes/often forgetful, slow mentally or fuzzy mentally?
Y/N
6. When you get up in the mornings, do you tend to be tired and slow?
Y/N

Number Y(i)= Number N(i)=

Questions list Jitsu ii):

1. Do you tend to get irritable, restless or frustrated?
Y/N
2. Do you feel the heat a lot?
Y/N
3. Do you get swollen, irritated or acutely painful joints?
Y/N
4. Do you get pain, stiffness or tenderness on pressure?
Y/N
5. Do you tend to have a red or flushed skin complexion?
Y/N
6. Do you tend to be a 'hyper' or 'over-energised' person?
Y/N

7. Do you find it hard to relax in order to get to sleep, or find your sleep often disturbed?

Y/N

Number Y(ii)= Number N(ii)=

Compare list results:

Number Y(i)= Number N(i)= Number Y(ii)= Number N(ii)=

Which is greater?

- If your Y(i) is higher than Y(ii) then you are primarily Kyo
- If your Y(ii) is higher than Y(i) then you are primarily Jitsu

Your 'no' answers for each section will reduce the extent of any difference. Thus quite a few 'no' answers in your primary section reduce the severity of the imbalance. If the 'no' answers reinforce the result (for example, your 'yes' answers indicate Kyo and you have mainly no answers in the Jitsu section) then this indicates a greater imbalance.

Question list additional iii)

1. Do you drink more caffeine or take stimulants when you feel either more tired or more hyper?
Y/N
2. Do you drink more alcohol or take relaxants when you feel either more tired or more hyper?
Y/N
3. If you feel more hyper do you spend less time trying to sleep?
Y/N
4. If you feel tired do you tend to sleep excessively?
Y/N

If you have 'yes' answers for the above, then you are tending to worsen the imbalance through actions that, although instinctive, actually make the problem worse in the long run.

Questions List (Lifestyle) iv)

(Please be as honest with yourself as possible here)

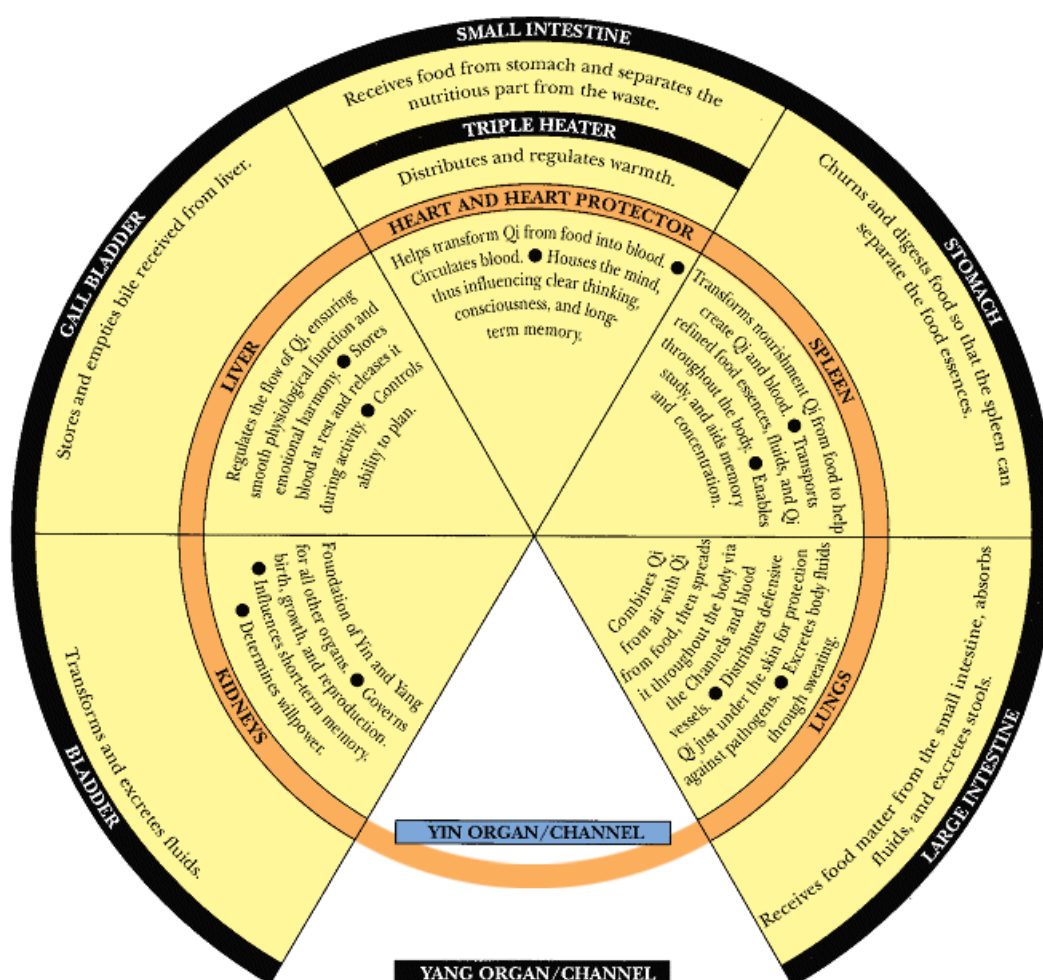
1. Is your diet balanced and healthy? Y/N
2. Do you take regular exercise? Y/N
3. Is your work/social balance appropriate? Y/N
4. Do you take nutritional supplements? Y/N
5. Do you tend to eat spicy food? Y/N
6. Do you tend to eat high-carbohydrate (starchy) foods? Y/N
7. Do you take time out to meditate, do breathing exercises or something similar? Y/N

The above will assist your therapist in assessing where some gentle lifestyle adjustments may be made.

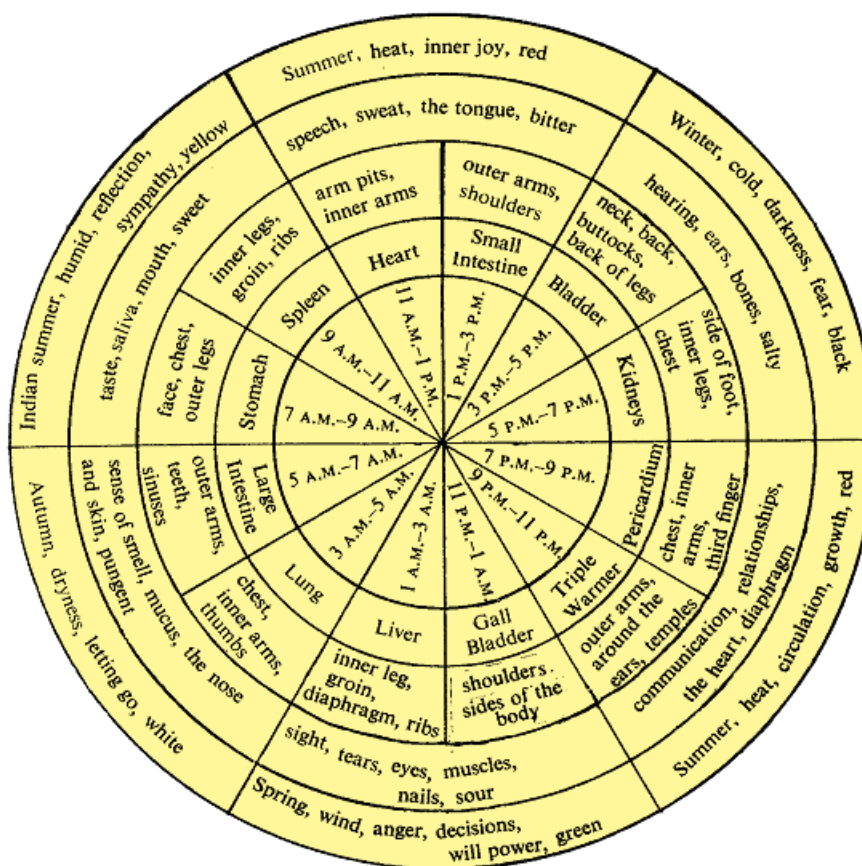
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In the following lessons we will look at how additional methods are used in order to enable diagnosis in a complementary manner in Japanese healing and medicine. The use of questioning, either in person, literally asking questions about lifestyle, habits, diet etc., or using questionnaires is called Mon-Shin. Thus in Japanese principle, using the form above, other standard assessment methods (as defined by the NOS Healing) and CBT self-assessment questionnaires would generally be considered a normal part of the assessment process.

It may be interesting to compare the above with some traditional and of course related Chinese diagrams and philosophies. As we have already considered, the influence of Chinese medicine can be seen in Japanese medicine, and the following provides some insight into this. Also, they provide important insight into how certain organs of the body are associated with energy levels. This is important later in choosing different treatments for different clients.



As the above diagram shows, each major organ listed has an effect on cleansing or processing, and thus has a knock-on effect on energy levels. A poorly performing large intestine, for example, may result in a build-up of toxins. Poorly functioning lungs may cause the sweating process to be affected and result in poor energy levels through insufficient oxygen. A deficiency in the kidneys and bladder might have a slowing effect as willpower is reduced and positive energy is low. This may have an effect on urine and be detected through reporting of dark or strange smelling urine. A poorly performing stomach or small intestine will prevent proper digestion and transformation from food into energy. The gall bladder and liver are associated with balance and therefore are vital in cases of imbalance, mood swings or unstable energy levels. The spleen has an effect on the quality and purity of blood and thus detox and energy levels. Likewise the heart is crucial to circulation of this blood and stable energy. The determination of symptoms through noting sweat, urine and faeces through client self-reporting is dealt with in a later lesson, but should be related back to these diagrams for reference.



Here again we see a diagram relating different factors and how they come together to affect the systems of the body. We will look in more detail into the principles as the course goes on, but for now it is important to notice how all the body systems inter-relate, and effects on one system of the body will have holistic effects on the others, on energy levels, stability and well being. This diagram is useful when relating mental factors such as anger or trying to let go of emotions, to choosing treatments physically.