

## CONSTITUTIONAL PROFILING SESSION SHEET

Practitioner Name: \_\_\_\_\_ Case Study #: \_\_\_\_\_

Client Initials: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Occupation: \_\_\_\_\_

Hobbies/Interests: \_\_\_\_\_

Do you exercise? Daily / Twice or more weekly / Weekly / Fortnightly / Occasional / Never

What sort of exercise do you do and for how long: \_\_\_\_\_

Relaxation or Meditation: Daily / 2-3 x a week / Weekly / Fortnightly / Occasional / Never

How many hours sleep do you have each night? \_\_\_\_\_

Do you have trouble falling asleep? Yes / No Do you wake during the night? Yes / No

Briefly describe below your normal daily foods for:

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

What are your favourite foods? \_\_\_\_\_

Favourite Taste? Bitter / Sweet / Spicy / Salty / Sour

Body Analysis: (Circle all relevant areas)

Area	Fire	Earth	Metal	Water	Wood
<b>Body Type</b>	Slim; well-proportioned shoulders, upper back and thighs; broad muscles; fine bone structure	Roundness to the body, especially the stomach, hips and thighs; somewhat larger bodies, may be overweight; over-proportioned head and abdomen	Broad square shoulder structure; strong muscular build; fine bone structure; medium build; hourglass figure	Large round face, head and body; long upper back; collapsed spine; slight plumpness or softness to face and body; no sharp features; uneven physical proportion	Tall and slender or short and compact body type; broad shoulders; tight muscles; straight flat back
<b>Head</b>	Smaller and somewhat pointed	Oval or rectangular shape face, roundish around cheeks	Triangular	Large, round; Broad or high domed forehead	Small and compact or long and skinny

Area	Fire	Earth	Metal	Water	Wood
<b>Hair</b>	Curly or red hair; spikey or extreme hairstyles; men balding on top or early receding hairline	Thick and healthy; earthy colours	Fine or thin; neatly presented, often straighten hair	Thick or wavy lustrous hair; lots of hair; often dark	Straight or slight wave; well-groomed or free spirited
<b>Eyes</b>	Sparkling eyes; light in the eyes; red tone	Puppy dog eyes	Alluring; shiny	Dreamy; mysterious looking; Shadow above/below eyes	Depth; dark; lower eyelid tension
<b>Face</b>	Freckles; dimples; easy smile & laugh	Wide jaw line; generous mouth; full lips; full & rounded cheeks; soft caring look; creases on forehead	Larger nose; prominent upper cheeks	Strong prominent chin; large ears and/or earlobes	Long face; thick strong eyebrows; protruding brow bone; often two vertical lines between eyebrows; indented temples; well-defined tense jaw
<b>Facial hue / complexion</b>	Red with pink flush	Yellow	White/Pale	Dark with black/blue undertone	Green/brown
<b>General body traits</b>	Pointed tips to mouth, nose, ears, eyes, eyebrows and/or chin; strong circulatory system	Carry excess flesh; excess body weight collects around hips/thighs	Hourglass figure; medium build	Large strong bones; flexible; healthy teeth; strong digestive system	Strong muscles, sinews and tendons
<b>Chest</b>	Under-developed	Large breasts in women; large muscles in men	Medium sized; tight; stooped posture	Large and round	Flat
<b>Hips</b>	Slim	Medium-Large	Medium	Large/wide	Small
<b>Limbs / Hands / Feet</b>	Small	Well-proportioned limbs; strong larger thighs and muscles	Small wrists/ankles	Thick wrists and ankles	Small and shapely

Area	Fire	Earth	Metal	Water	Wood
<b>Antics</b>	Folds hands across chest area; quick movements and speech; always on the go and looking for the next exciting thing	Tilts head to the side; if long hair, can have hair pulled to one side; often places hands over abdomen; complains of feeling tired; voice tone goes up and down	Graceful, proud perfectionist; Strong commanding voice; voice tails off at the end of sentences; shallow/weak breathing; talks with their hands	Avoids eye contact; looks downward; shy; reserved; sensitive; feels and sees lots without looking	Point or emphasise with their index finger or hands; jerky movements; often holds hands in a fist; clipped voice tone with emphasis on individual syllables
<b>Movement</b>	Cardio; Running; Fast with change; Moving to music; Dancing	No exercise; Group exercise; Limited exertion; Exercise without skimpy clothes; Walking; Yoga; Gardening or outside in nature	Rhythmic breathing; Running; Yoga; Walking; Aerobics; Avoids rough, competitive or team sports activities; Likes being kept active or on the move	Slow; Yoga; Swimming; Ice skating; Dancing; Tai Chi; Slow walking; Strolls; Dog walks; Quiet alone time; Meditation; Avoids forced movement	Any exercise; Running; Cardio; Brisk walk; Cycling; Competitive sports; Team sports; Sports played in nature; gardening
<b>Favourite Season</b>	Summer	Late Summer	Autumn	Winter	Spring
<b>Favourite Time of Day</b>	Midday	Afternoon	Sunset	Midnight	Dawn
<b>Favourite Colour Tone</b>	Reds Pinks	Yellow Earthy colours	White Grey Silver Purples	Blue Black Dark colours	Greens Browns
<b>Chair Preference</b>	Tall bar stool	Warm, comfortable chair	Metal stable chair	Big comfy leather recliner with feet up or floor cushion	Firm, straight, upright wooden chair

Area	Fire	Earth	Metal	Water	Wood
<b>Traits</b>	Active; Burn out easily; Desires intimacy; Dramatic; Easily hurt by a harsh comment; Fun; Impulsive; In a rush; Inspirational; Laugh a lot or not at all; Self-centred; Short attention span	Caring; Complain a lot; Creator; Dependent; Down to Earth; Give unconditional love; Indecisive; Intelligent; Kind; Like touch, cuddles, hugs; Nurturing energy; Over-involved in others' lives; Patient; Practical; Supportive	Aloof; Anxious; Arrogant; Charming; Competent; Desires authenticity; Disciplined; Gracious; Hard to express their grief or sadness; Hard working; Hyper-sensitive; Independent; Inflexible; Need respect; Organised; Perfectionistic; Visionary	Adaptable; Artistic; Courageous; Deep reserves of strength; Determined; Fearful; Intuitive; Lots of depth; Mysterious; Need freedom; Often lazy disposition; Philosophical; Reflective; Strong; Stubborn; Suspicious; Wise	Active; Angry; Authoritative; Bold; Competitive; Curious; Determined; Disciplined; Driven; Forceful; Frustrated; Humanitarian; Judgemental; Logical; Often interrupt or try to control; Over direct others; Perceptive; Reactive; Rebellious
<b>Common Self Talk</b>	Am I loveable? How can I become emotionally stable? How can I feel happy? How can I find good relationship? What can I do to be noticed?	How can I get centred? How can I get the support I need? How can I get what I want from the world? Who will nourish me?	Am I really ok? How can I truly connect with the world and therefore be complete? What do I need to be complete? What is missing? What will give my life meaning?	Where will I be safe? Who can I trust? Why is the world so dangerous? Will I ever be safe?	How should things be organised? What do I really want? What is the point in trying when I know I cannot have it? Why am I blocked or stopped in this way? Why can't I have what I want?
<b>Common Coping Response</b>	Becoming isolated; Being cheerful; Closely relating; Clowning and performing; Opening up inappropriately	Expressing needs a lot; Homemaking; Mothering and caring; Not asking but expecting; Searching for a centre	Distancing and protecting; Doing well and doing more; Relating to the Father; Resignation and cynicism; Seeking quality	Anticipating risks; Fearing the worst; Questioning; Reassuring others; Taking risks	Indirectness; Not planning or wanting anything; Organising, structuring and getting things right; Rebelling against the rules; Seeking justice
<b>Possible Life Issues</b>	Closeness and intimacy; Craving love and warmth; Emotional stability; Happiness; Thinking clearly	Being understood; Centredness; Feeling unsupported; Getting nourished; Mental clarity	Feeling adequate in the world; Feeling complete; Finding meaning; Recognition / approval	Being reassured; Knowing the future is secure; Needing to be safe	Boundaries; Correctness; Development; Growth; Power

**Other Relevant Information:** \_\_\_\_\_

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**Constitution?** Fire / Earth / Metal / Water / Wood

**Constitution Undertone (Secondary)?** Fire / Earth / Metal / Water / Wood

**Reasons for your constitution decision:** \_\_\_\_\_

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**Other Comments:** \_\_\_\_\_

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**Participant Feedback:** \_\_\_\_\_

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Please attached a full length photo of the person you have done your case study profile on.