

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
Body Type	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
Head	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
Hair	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
Eyes	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
Face	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
Facial hue / complexion	Red with pink flush	Yellow	White/Pale	Dark with black/blue undertone	Green/brown
General body traits	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
Chest	Under-developed	Large breasts in women; large muscles in men	Medium sized; tight; stooped posture	Large and round	Flat
Hips	Slim	Medium-Large	Medium	Large/wide	Small
Limbs / Hands / Feet	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
Antics	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
Movement	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
Favourite Season	Summer	Late Summer	Autumn	Winter	Spring
Favourite Time of Day	Midday	Afternoon	Sunset	Midnight	Dawn
Favourite Colour Tone	Reds Pinks	Yellow Earthy colours	White Grey Silver Purples	Blue Black Dark colours	Greens Browns
Chair Preference	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
Traits	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
Common Self Talk	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?
Common Coping Response	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
Possible Life Issues	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: _____

Constitution? Fire / Earth / Metal / Water / Wood

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

Reasons for your constitution decision: _____

Other Comments: _____

Participant Feedback: _____

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