



North Florida Acupuncture

Acupuncture & Natural Medicine

4509 NW 23rd Ave, Suite 19B
Gainesville, FL 32606
352-281-8989
nflacupuncture@gmail.com

Name: _____ Date: _____

Address: _____ City: _____ State & Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email Address: _____ Occupation: _____

Business Address: _____ City: _____ State & Zip: _____

Place of Birth: _____ Date of Birth: _____ Age: _____ Height: _____ Weight: _____

Sex: _____ Male _____ Female Marital Status: (Single, Married, Life Partner, Divorced, Widowed)

Contact In Case of Emergency:

Name: _____ Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

How did you hear about our clinic? _____

When and where did you last receive health care? _____

Do you have any reason to believe you may be pregnant? Yes No If so, how far along are you? _____

Do you have any infectious diseases? Yes No If yes, please identify the condition: _____

Has your medical case been referred to an attorney? Yes No

Please list your primary health complaints/concerns: _____

Please list any medications (including natural remedies) you are currently taking or attach a list: _____

List any and all previous “significant health events” in chronological order (include surgeries, traumas, illnesses):

<u>Health Event</u> <i>Ex. Concussion from bicycle accident</i>	<u>Age Occurred</u> <i>5 years old</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

General Health Assessment: Please check those symptoms that apply & rank them in severity from 1-5 (1 being the least, 5 being the worst). Please include all symptoms or conditions that you suffer from, including those you are currently taking medications for. Example: if you take a hypertensive drug for hypertension and even though it is controlled, please include that as one of your complaints.

Family's Medical History Only:

(Please check those that reflect your family history, not personal history)

- Asthma
- Allergies/Hay fever
- Cancer
- Degenerative conditions
- Diabetes
- Heart disease
- Hepatitis
- High Blood Pressure
- Infectious disease
- Kidney disease
- Mental illness: _____
- Rheumatic Fever
- Parkinson's disease
- Seizures
- Stroke
- Thyroid disorders
- Tuberculosis
- Venereal disease
- Other: _____

Personal Birth & Medical History:

- Alcohol/drugs used by mother
- Mother and/or father exposed to toxins before conception or during pregnancy
- Emotional or physical trauma suffered by mother during pregnancy
- Poor nutrition by mother
- Mother smoked/second hand
- Prior miscarriage by mother
- Late delivery
- Premature delivery
- Rapid labor by mother
- Slow, long labor by mother
- Induction of labor
- High forceps
- Breech birth
- Cord wrapped around neck
- Cesarean section
- Birth weight in lbs.: _____
- Spent time in incubator after birth
- Jaundiced as an infant

- Bottle-fed
- Breastfed
- APGAR score _____
- Number of siblings: _____
- Position among your siblings: _____
- Chicken Pox
- Diphtheria
- Ear infections
- Measles
- Mumps
- Rheumatic Fever
- Rubella
- Scarlet Fever
- Tonsillitis
- Slow or delayed development
- Childhood obesity
- ADD/ADHD
- Hyperactivity
- Learning disabilities
- Physical, emotional, sexual abuse
- Tubes in ears
- Other: _____

Lifestyle: (Please indicate amount)

- ___ Alcohol consumption: _____
- ___ Caffeinated and carbonated beverages: _____
- ___ Coffee or black tea: _____
- ___ Exercise: _____
- ___ Recreational drugs _____
- ___ Tobacco consumption _____
- ___ Water consumption: _____
- In general, how thirsty are you? _____
- How much water do you drink daily? _____
- How often do you eat? _____
- What is your largest meal of the day? _____
- Do you suffer from insomnia? _____
- Is it more difficult to get to sleep, stay asleep, or both? _____
- How many hours do you sleep per night? _____
- If you sleep for 8 hours are you rested or still wake tired? _____
- Between which hours of the night/morning do you obtain your sleep? _____
- Do you have difficulty waking in the morning? _____
- Do you experience any of the following during sleep?
 - ___ Drooling
 - ___ Frequent urination
 - ___ Feeling hot or cold
 - ___ Laughing
 - ___ Nightmares
 - ___ Perspiration
 - ___ Recurring dreams
 - ___ Restlessness
 - ___ Sleepwalking
 - ___ Snoring
 - ___ Talking
 - ___ Tooth grinding
- When you sleep do you prefer:
 - ___ Without covers
 - ___ Partly covered
 - ___ Fully covered (not head)
 - ___ Full covered (including head)
 - ___ Without clothing
 - ___ With a fan or air blowing on you
 - ___ With the windows open
- What position do you most often sleep in or are most comfortable in?
 - ___ On my right side
 - ___ On my left side
 - ___ On my back
 - ___ On my abdomen

Constitutional Assessment:

- Body Type:**
- ___ Blood type: A O B AB (circle)
 - Positive or Negative type (circle)
 - ___ Overweight (how much) _____
 - ___ Underweight (how much) _____
- Environment:**
- ___ Changes in weather or barometric pressure cause aggravations to symptoms/reactions
 - ___ Cold/damp environments cause aggravations to symptoms/reactions
 - ___ Cold/dry environments cause aggravations to symptoms/reactions
 - ___ Hot/humid environments cause aggravations to symptoms/reactions
 - ___ Hot/dry environments cause aggravations to symptoms/reactions
 - ___ Seasonal changes cause aggravations to symptoms/reactions
 - Which season do you feel best in?
 - ___ Spring
 - ___ Summer
 - ___ Fall
 - ___ Winter
 - Are you generally chilly or warm-natured? _____
 - Are you sensitive to any of the following:
 - ___ Bright lights
 - ___ Cold air
 - ___ Darkness
 - ___ Drafts
 - ___ Noise
 - ___ Odors (perfumes, smells)
 - ___ Open air
 - ___ Stuffy rooms
 - ___ Tight clothing
- Diet:**
- Food cravings:
 - ___ sweet, ___ sour,
 - ___ salty, ___ bitter, ___ spicy (hot), ___ pungent,
 - ___ smoked, ___ juicy,
 - ___ refreshing
 - Food preferences:
 - ___ alcohol, ___ apples, ___ bacon, ___ bread, ___ bread with butter, ___ butter,
 - ___ cheese, ___ chocolate,
 - ___ coffee, ___ eggs, ___ fat (meat, chicken, pork, etc),
 - ___ fish, ___ fruit (sweet), ___ fruit (sour), ___ grains (pasta, cereal, bread),
 - ___ ham, ___ ice, ___ ice cream,
 - ___ indigestible things (chalk, clay, paper, etc),
 - ___ lemonade, ___ meat,

- ___ milk, ___ nut butters,
- ___ olives, ___ onions,
- ___ oranges, ___ oysters,
- ___ pastries, ___ pickles,
- ___ potatoes, ___ salsa,
- ___ sausage, ___ shellfish,
- ___ tea, ___ vegetables,
- ___ vinegar ___ wine

- Food & drink temperature:
 - ___ Prefer warm food
 - ___ Prefer cold food
 - ___ Prefer warm drinks
- ___ Vegetarian or Vegan (circle)

Elimination:

- ___ Stools (please circle those that apply): bloody; tarry; clay colored; mucus in stools; undigested food
- Frequency of bowel movements per day: _____
- Do your bowel movements float or sink? _____
- How many times a day do you urinate? _____
- What color is your urine? _____

Women Only:

- ___ Age of 1st menses _____
- ___ Length of menses _____
- ___ Time between cycles _____
- ___ Menstrual blood color: _____
- ___ Clotting (please describe the color of the clots) _____
- # of abortions: _____
- # of live births: _____
- # of miscarriages: _____
- ___ Use of birth control (age & duration) _____

Immune & Toxins:

- ___ Reactions to food additives & or other chemicals (Please list): _____
- ___ Recent or past exposure to toxins, chemicals, pesticides, herbicides, mold, etc in the home, work places, or living environment _____
- ___ Live in home older than 30 years

Psychological/Emotional Health:

- ___ Anxiety
- ___ Depression
- ___ Bi-polar
- ___ Schizophrenia
- ___ ADD or ADHD
- ___ Addictions
- ___ Attempted suicide or thoughts of
- ___ Obsessive compulsive disorders
- ___ Panic attacks
- ___ Post traumatic stress disorder (PTSD)
- ___ Other: _____

Chinese Medical Assessment:

Patterns of Depletion:

Deficient Qi

- ___ weak, lethargic, weary
- ___ apathy
- ___ dull thinking or feeling
- ___ excessive need for sleep
- ___ susceptible to colds, flues, allergies
- ___ prolonged illness recoveries
- ___ pasty, pale complexion
- ___ shortness of breath
- ___ aversion to talking
- ___ perspires easily with exertion
- ___ easily chills

Slack Qi

- ___ perspires easily while at rest
- ___ atony or prolapse of stomach, intestines, anus
- ___ constant diarrhea or lack of bowel control
- ___ hemorrhoids, varicose veins
- ___ dizzy or weak after meal or bowel movement
- ___ well-being followed by sudden exhaustion

Deficient Moisture

- ___ parched, thirsty
- ___ extreme dryness of skin or mucous membranes
- ___ scant secretions and urination
- ___ uncomfortable feeling of heat in the body
- ___ low afternoon fever with sweating
- ___ constipation
- ___ hot flashes
- ___ night sweats
- ___ unstable blood sugar, emotional lability
- ___ persistent dry cough

Slack Moisture

- ___ excess secretions: eyes, nose, mouth, skin, vagina
- ___ seminal incontinence, premature ejaculation
- ___ frequent urination or incontinence
- ___ dizzy or weak after sex

Deficient Blood

- ___ restless fatigue
- ___ emotional sensitivity
- ___ insomnia and anxious sleep
- ___ dryness without thirst
- ___ blurred or weak vision
- ___ thinning of hair
- ___ dry or hard stool
- ___ dry skin, eyes, hair, nails
- ___ anemia

- ___ muscle cramps
- ___ lack of semen
- ___ scanty or infrequent menstruation
- ___ insufficient lactation
- ___ pale, sallow complexion
- ___ poor skin healing
- ___ palpitations
- ___ night sweats

Slack Blood

- ___ easy bruising or bleeding
- ___ chronic ulcers: mouth, throat, stomach, intestines, vagina
- ___ excessive bleeding during menses, pregnancy, postpartum or menopause
- ___ bleeding hemorrhoids and blood in stool, urine, or sputum

Diminished Essence

- ___ profound weakness
- ___ atrophy of muscles and organs
- ___ sagging or wrinkling of skin
- ___ diminished sexual arousal and pleasure
- ___ infertility or early menopause
- ___ repeated miscarriages
- ___ loosening or loss of teeth
- ___ early thinning or graying of head and pubic hair
- ___ decline of memory, vision or hearing
- ___ progressive loss of weight or emaciation
- ___ compromised immunity

Disturbed Shen

- ___ restlessness and agitation
- ___ hypersensitivity to pain or insult
- ___ sudden rage, grief or panic
- ___ constant anxiety, worry or confusion
- ___ easily startled or frightened
- ___ erratic sleep, insomnia or disturbing dreams
- ___ dull, glazed or bizarre look to eyes and face
- ___ delirium

Patterns of Congestion:

Stagnant Qi

- ___ stuffy head
- ___ mild nausea or reflux
- ___ distension or fullness in chest or abdomen
- ___ gas pains, cramps, tension in stomach or intestines
- ___ hiccups, belching or flatulence
- ___ constipation or irregular bowel movements
- ___ dull or intermittent pains

Obstructed Qi

- ___ acute discomfort, fullness, pressure in head, chest, limbs or abdomen
- ___ abdominal bloating but unable to release gas
- ___ wheezing and chest pain
- ___ difficulty swallowing, as if something stuck
- ___ stitch or acute pain in abdomen, ribs, or flanks
- ___ fullness or dull pain under ribs or sternum

Stagnant Moisture

- ___ soft or loose stool
- ___ puffy eyes, face, hands or ankles
- ___ frequent, scanty or difficult urination
- ___ lethargic in humid weather
- ___ soft swellings, nodules, cysts, enlarged lymph nodes
- ___ premenstrual edema and swelling of breasts
- ___ tender muscles or joints
- ___ dry but thirsty

Obstructed Moisture

- ___ swollen or heavy head and limbs
- ___ swollen, sore muscles and joints
- ___ excess saliva, mucus or perspiration
- ___ scanty or absent urine
- ___ edema of hands, feet, face or abdomen
- ___ thick, nauseated feeling in mouth, stomach, head

Stagnant Blood

- ___ easy bruising
- ___ cold hands and feet
- ___ irregular or painful menses
- ___ mottling, numbing & chilling of limbs
- ___ sharp pains: head, eyes, joints, limbs, breasts, organs
- ___ mid-cycle or premenstrual pain or tender breasts
- ___ painful hemorrhoids, cysts, lumps

Obstructed Blood

- ___ angina
- ___ severe or constant headache
- ___ traumatic bruises, swellings and sprains
- ___ stabbing or throbbing aches or pains
- ___ pain aggravated at night or from inactivity
- ___ severe cramping, numbness or paralysis
- ___ dark red or purple complexion

___ purple lesions on the skin, tongue, mouth or lips
___ severe menstrual cramps with dark blood or clots
___ hard or immobile lumps, masses or organs

Adverse Conditions

Heat

___ fever
___ pain, soreness, swelling or dryness with a sensation of heat or burning
___ sores or infections with green or yellow pus
___ yellow, green, or foul smelling discharge from ears, nose, throat, anus, vagina or urethra
___ extreme thirst with a craving for cold foods or drink
___ red eyes, ears, nose, lips, face, skin
___ feeling of heat: limbs, abdomen, chest, head, genitals
___ aggravation from alcohol, fried, or spicy foods, and heat environment

Cold

___ lack of thirst
___ listless and weak
___ cold feeling in limbs, head, chest, abdomen, or genitals
___ pale face with cold, clammy hands and feet
___ loose stool after eating raw or cold foods and liquids
___ profuse urination or edema in cold climate or after ingesting cold liquids, eating raw or cold foods
___ craving for warm, cooked foods and hot drinks
___ pain in head, chest, limbs, joints aggravated by cold
___ pale, purplish skin, nail beds, lips, or tongue

Damp Heat

___ dryness or thirst without desire or ability to drink
___ feeling of heat in stomach or chest with a nauseating taste in the mouth
___ sticky yellow or green discharge from nose, throat, bronchi, urethra, or vagina
___ hot flashes with profuse sweating
___ fever or heat not relieved by perspiring or drinking
___ loose or sticky stool streaked with mucus or pus
___ burning, red, oozing sores, boils, pimples, blisters or rashes
___ worse from heat and/or humidity, and sweet, spicy or oily foods

External Wind

___ itching or prickling sensations of skin, ears, eyes, nose; sneezing, headache
___ unpredictable or migrating pains
___ dizziness or headache with cold, flu, or allergy
___ muscle soreness or shivering in winds or drafts
___ numbness or pain of face or scalp
___ neck stiffness or spasm
___ worse from drafts, changing temperatures, pressure

Internal Wind

___ trembling hands, feet, head
___ disequilibrium, incoordination
___ contracture or quivering of tongue
___ spasms, twitches, cramps of nerves, muscles, & viscera
___ vertigo, motion sickness, hypertension
___ headache with vertigo, numbness, spasms, strange sensations
___ seizures, sequellae of stroke/TIA
___ worse from wind, changing barometric pressure, or changing from lying to upright posture

Phlegm

___ dizziness or fullness in head from mucus congestion
___ nausea with phlegm in chest or throat
___ thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina or urethra
___ firm, mobile lumps, cysts, enlarged lymph nodes
___ worse in humid environment or from eating sticky, greasy, oily foods, milk products, eggs, sugar
___ sticky or greasy stool

Organ Network Disturbances:

Liver Network

___ dry eyes
___ blurred or unclear vision
___ chilling of arms, hands, legs, feet
___ coarse, brittle nails or hair
___ touchiness from heat, wind, noise, bright light
___ numbness, tingling of limbs when asleep or inactive
___ muscle cramps of pelvis, sides, hips, calves, feet
___ tension in shoulders, neck, sacrum, hips, legs
___ stitching under diaphragm, between ribs, groin, pelvis
___ high pitched or loud ringing in the ears (tinnitus)

___ dizzy, queasy, flushed, headache from hunger, anger
___ hypersensitive genital organs
___ nervous, irritable, short tempered

Heart Network

___ anxiety, dread
___ restless and excitable
___ mood swings (laughs easily, cries easily)
___ insomnia when nervous, worried or excited
___ restless sleep and vivid dreams or nightmares
___ cravings for cool drinks, juicy or hot, spicy foods
___ sores of mouth and tongue
___ easily overheats and perspires
___ easy blushing of face, chest, neck, and ears
___ burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus
___ frequent urination or bowel movements from nervousness
___ palpitations when nervous, upset or fatigued
___ easily confused or disoriented

Spleen Network

___ tender muscles
___ slow digestion or indigestion
___ variable appetite
___ frequent abdominal gas or bloating
___ loose stool from raw or cold foods and liquids
___ lingering hunger after meals
___ hard to gain, lose or regulate weight
___ difficulty focusing, distractable
___ overwhelmed by details, upset by changes
___ lethargy and inertia
___ prolapse of stomach, intestines, uterus, vagina, bladder
___ lack of muscle tone or strength
___ water retention, puffiness, heaviness of head, limbs
___ easy bruising, prolonged or heavy menstruation
___ easily worried, obsessed

Lung Network

___ weakness of chest
___ respiratory allergies
___ runny nose or stuffy sinuses
___ frequent, lingering colds, coughs, throat clearing, laryngitis
___ morning attacks of coughing or sneezing
___ constant phlegm in chest or throat
___ shortness of breath, chest pain,

wheezing from fatigue or exertion
___ dryness and tightness of mucous membranes or skin
___ urge to urinate after laughing, coughing, or sneezing
___ skin rashes, eczema, hives
___ sensitive to wind, cold and dryness
___ stiffness of joints and muscles
___ easily disappointed or offended

Kidney Network

___ puffiness around eyes
___ diminished libido
___ lack of sexual secretions
___ loss or thinning of pubic hair
___ early cessation of menses, irregular cycle
___ disorders of urination
___ rigidity of spine and joints
___ difficulty conceiving or carrying to term
___ weak or sore low back, hips, knees, ankles or feet
___ lack of stamina and endurance
___ diminished motivation and apathy
___ forgetfulness and mental dullness
___ puffiness or swelling of feet and ankles
___ weak vision, dull hearing
___ low humming or buzzing in ears (tinnitus)
___ sore throat from fatigue or in the morning
___ easily defeated and disgruntled

Conflicts Between Organ Networks:

Liver - Spleen Disharmony

___ cold hands and feet with feeling of fullness in throat, chest, or abdomen
___ indigestion with nausea, bloating, flatulence, belching
___ erratic elimination, constipation or diarrhea
___ spasm, pain of esophagus, stomach, intestines, uterus
___ thirst for alternately cold and hot liquids
___ sensitivity or aversion to strong odors or flavors
___ erratic cravings for fatty, sour, or sweet foods
___ erratic appetite, difficulty knowing what to eat
___ tenderness, tension and heaviness in muscles, especially head, neck, jaw, elbows or knees
___ headache with heaviness or pressure behind eyes, nausea, diarrhea
___ sensitivity to light, noise, heat and humidity
___ variable blood sugar

___ eating disorders
___ irritable bowel
___ food sensitivity or intolerance
___ vacillates between assertiveness and ambivalence, irritability and lethargy

Spleen - Kidney Disharmony

___ slow digestion, sluggish intestines
___ weak gums and loose teeth
___ dryness and thirst with water retention
___ sore, swollen joints and muscles
___ heaviness, weakness and soreness of head, neck, back, sacrum and limbs
___ loose or dry, small stool with bloating
___ frequent, scanty or difficult urination
___ easily chilled in back, belly, legs or arms
___ craves salty or sweet foods, causing constipation, dryness and water retention
___ edema
___ rheumatism
___ cystitis, urethritis, vaginitis, leucorrhea
___ prostatic hypertrophy or prostatitis
___ distractible, insecure, volatile or apathetic, inert

Kidney - Heart Disharmony

___ insomnia or restless sleep alternating with heavy slumber and difficulty awakening
___ nervousness or mood swings alternating with fatigue and lumbar weakness
___ easily overheated or chilled
___ hot chest, head, ears, face and hands, with cold belly, buttocks, feet
___ easily enthused but difficult to sustain effort or excitement
___ melancholy and restless after prolonged mental or physical exertion
___ sexually excitable but difficult to sustain arousal or achieve release
___ anxiety, despair, phobias
___ nausea, diarrhea, urinary frequency associated with anxiety or fright
___ craves salty, spicy food and stimulants
___ chronic endometriosis, cervicitis, urethritis

Heart - Lung Disharmony

___ sensitivity to changes in temperature and humidity
___ easily overheated but can't sweat
___ dry cough with heat in throat or

chest
___ flushes when coughing, laughing, or sneezing
___ heat triggers sneezing, itchy throat or rashes
___ dry skin with cracking, redness and itching, especially from cold and dryness
___ light sleeper and wakes easily
___ itching, inflammation of vagina or urethra without discharge
___ alternately euphoric and melancholic, hysterical or depressed
___ easily hurt or offended
___ craves spicy, hot foods and stimulants
___ hives, eczema, rashes, worse in daytime

Lung - Liver Disharmony

___ tense, stiff neck, shoulders, chest, or loins
___ irregular bowel movements
___ sensitivity or aversion to strong odors or flavors
___ loss of ability to smell
___ irregular, tense or shallow breathing wheezing or sighing
___ sensitive, easily irritated skin or mucous membranes of upper respiratory or genito-urinary tracts
___ sensitivity or aversion to heat, dryness, wind, drafts or sudden changes in weather
___ feels awkward expressing feelings or reactions
___ craving for fatty, sour, spicy foods
___ hives, itching, worse at night
___ sensitive to rage or rejection
___ seasonal sinusitis or hayfever
___ bursitis, lumbago or sciatica that comes and goes
___ neck spasms, and occipital or lateral headaches
___ depressed, sad, quiet, angry

Patient Signature:

Date:

Practitioner Signature:

Date:

We thank you for your thoroughness in completing this questionnaire as it is of utmost importance in fully assessing your health concerns. Information provided will be kept in strict confidentiality.

- Jerrod Fletcher, AP

North Florida Acupuncture

5 Element Assessment:

(Check indicated statements, circle things that apply the most)

Wood Archetype (The Pioneer)

feel confident, act assertively
 ambitious & enjoy competition
 enjoy being first, best, unique
 can be pushy or provocative
 openly discuss abilities and achievements
 comfort with challenges, conflict, pressure
 right, even if others disagree or disapprove
 pleasure in public recognition
 comfortable directing or leading others
 follow my own hunches, take initiative
 comfortable with bold, decisive action
 tend to argue with opinions, especially of me
 may be perceived as arrogant, aggressive, reckless, hyper-driven, antagonistic, tyrannical, confrontational, compulsive, & impulsive
 may in contrast be perceived as pretentious, easily irritated, erratic, tending to jump the gun, tending to disagree or do the opposite of what was expected, ineffectual, underhanded, fickle, & having mixed feelings or contrary ideas
 difficulties in life often involve one's intensity, anger, difficulty with restraint, cooperativity, being fair and equitable, dealing with ambiguity, sharing, & facing obstacles & challenges

Fire Archetype (The Wizard)

enjoy the pleasure of my senses
 seek excitement & stimulation
 intuitive about what others think or feel
 seek physical contact, emotional intimacy
 easily share innermost feelings & desires
 tend to live in the here-and-now
 see the humorous side of life
 get involved easily, moved emotionally
 optimistic & hopeful no matter what
 identify with another's joy & pain
 unabashed affection, enthusiasm & excitement
 enjoy being attractive & magnetic
 may be perceived as excitable, excessively talkative, attractive, impressive or imposing, cheerful & optimistic, hypersensitive, sentimental, adoring, enthusiastic, & anxious

may in contrast be perceived as easily startled, non-expressive, flirtatious, over-trusting, giddy, easily confused, sensitive, short-lived in passion, selfish, & panicky
 difficulties with life often involve healthy boundaries, giving space, dealing with separation, over or under stimulation, the future, the unknown, dreaming, expression of oneself, disturbed sleep, thinking clearly, & the balance of pleasure/pain

Earth Archetype (The Peacemaker)

agreeable and accommodating
 nurturing, putting other's needs first
 seek socializing with friends and family
 seek being relied upon for reassurance & help
 the hub of my social and family networks
 mediate disputes so all are satisfied
 involved in other peoples' lives
 create comfortable environment for others
 loyal & accessible
 diplomatic and tactful- a consensus builder
 happy to rely on skills & intelligence of others
 like getting close & being needed
 comfortable & open, even with strangers
 may be perceived as overprotective, overly-involved, meddlesome, worried, lacking vigor, conforming, emotionally stuck, gloomy, crowding & overbearing
 may in contrast perceived as spoiling, attached & clinging, scattered, difficult to define, wishy-washy, vacillating, insecure, longing to gain approval, displaying flattery or overaffection
 difficulties in life often involve dealing with change, mixed feelings about people or ideas, disoriented feelings, struggles with identity, self-sacrifice, being independent, being efficient, & concentrating

Metal Archetype (The Alchemist)

prefer a neat & orderly lifestyle
 enjoy lively & friendly, but undemanding social life
 committed to moral principles & conduct
 enjoy logical, systematic problem-solving
 meticulous, tasteful, discriminating
 self-contained
 temperate & moderate
 enjoy solving puzzles and mysteries
 appreciate well defined goals and guidelines

accept authority of those with more competence
 virtue & principle before pleasure & fulfillment
 likes things to run calmly & smoothly
 may be perceived as ritualistic- always doing things the same way, emotionally indifferent, stoical- not showing feeling, showing dislike or distrust of certain people, strict, dogmatic, perfectionistic, self-righteous, unenthusiastic, strict in manner, attitude, & appearance
 may in contrast be perceived as excessively polite, numb & not feeling, resigned, a dabbler & tinker, compliant, lacking conviction, petty, hypocritical, elusive, & sloppy
 difficulties in life often involve one's overcontrol, overuse of authority, dealing with disappointment, things that are relative, showing emotions & expression, dealing with disorder & chaos, cultivating intimacy, & spontaneity

Water Archetype (The Philosopher)

cautious, sensible, self-sufficient
 enjoy solitude, cherish privacy
 curious & imaginative
 content being anonymous
 keep feelings, thoughts, opinions to myself
 don't mind being unusual or eccentric
 excited by intellectual pursuits
 careful about what I reveal to others
 stubborn defender of the truth as I see it
 patient & persevering in spite of defeats
 objective & fair, regardless of others
 content figuring things out for myself
 may be perceived as blunt, eccentric, withdrawn, tendency to be suspicious, reserved, demanding, penetrating & perceptive, possessive, emotional detached, cynical, overly-scrutinizing, preoccupied
 may in contrast be perceived as sarcastic, overimaginative & unrealistic, catatonic & unresponsive, phobic & fearful, wanting anonymity, fussy, tight-waded, cut off, pessimistic, critical, & absentminded
 difficulties in life often involve one's sociability, tendency to be in isolation, introversion, difficulty in communication, conformity, exposure (lack of anonymity), generosity, trust, hypochondria (worries about health), & self-confidence