

A Life In Balance

Name: _____ Date: _____
 (First Middle Last)

Please select which items best describe you. First, place a “P” in the box if the description reflects the way you have been when you are at your “best” or the way you have been over a long period of time. Second, place a “V” in the box if the description reflects you currently. You should have both a “P” and a “V” for each line:

My body is primarily:	Thin with prominent bones	Pretty “middle of the road;” often toned	Solid with strong, larger bones
My weight is:	Sometimes underweight	Easily maintained	Sometimes overweight
My skin is:	Dry and rough, leathery. Thin. Dark. Has liver spots. Scaly.	Moist and smooth. Oily. Rosy. Rashes, pimples, acne.	Soft and damp. Thick. Oily. Pale. Smooth.
If you held my hand, you would often find it:	Cold and dry	Warm	Cool and damp
My complexion is:	Rich, darker, gray. I tan easily.	Yellowish, rosy, maybe freckles. I blush easily.	Pale, gleaming. I burn easily in the sun, but do tan.
If you ran your fingers through my hair, it is:	Curly and maybe a bit brittle and thin. Frizzy. Knotted. Brittle. Scarce.	Oily, fine quality and straight	Oily, abundant, and thick with waves, lustrous.
My hair color is:	Dark, brown, black	Light reddish-blond, blond, gray, red, early balding	Black, brown, blond
When in a crowd, I am:	Taller than most people	About the same height as the majority	Wider than most
I look in the mirror and see:	A pointed, irregular nose. Maybe a deviated septum.	A straight nose. Long pointed, red tipped.	A large, short, round nose. A “button” nose.
	A thin, angular chin.	A tapering chin.	A rounded, double chin.
	Wrinkled, sunken cheeks	Smooth flat cheeks	Rounded, plump cheeks
	Thin, dry lips that are sometimes cracked. Black/brown tinge.	Deep red, moist, soft lips. Inflamed. Yellowish.	Large, thick kissable lips. Smooth, oily, pale, whitish.
	Crooked teeth that stick out. Big, roomy, thin gums.	Prominent medium teeth with soft, tender gums.	Large teeth – healthy & white with strong gums.
	Narrow/close together, small eyes in relation to head size.	Sharp, piercing eyes; maybe a bit bloodshot and lightsensitive.	Large, wide and clear eyes with thick, long eyelashes.
	Grey, dark blue or dark brown eyes.	Pale eyes.	Smooth brown eyes.
	Thin, tall neck.	Medium neck	Big, folded neck
	Thin, long fingers.	Proportionate fingers.	Short, stubby fingers.

	Flat, sunken chest.	Moderate chest.	Expanded, round chest.
	Small, slim hips	Medium hips	Large hips
	Flat, sunken abdomen	Firm, muscular abdomen	Soft, full abdomen. Pot-bellied.
	Small, irregular, herniated belly-button	Oval, superficial belly-button	Big, deep, round, stretched belly-button
	Thin legs, I like my knobby knees that get me places quickly	Medium sized legs that move with determination	Strong large legs that can go on and on and on
My joints are:	Cold and cracking.	Moderate. They get me where I need to go.	Large, lubricated.
My muscles:	Sometimes have tremors, tics, or spasms.	Please don't massage too hard, I'm pretty tender.	Swell. But I'm strong and hardy.
I love:	Heat. I'm a Sun Worshiper!	Cool temperatures.	Heat. Cold and damp is not for me! But keep me in the shade please.
I sweat:	What is sweat? I wouldn't know.	Can we talk sweat! I can sweat!!	Some, pretty consistent
When I am in a large group of people:	The noise is irritating. Can't I go home??	I'm perfectly fine. I'll get everyone organized.	Are they all happy? Is there something I can do to help?
My sleep is:	Light. If I sleep at all that is.	Good. I don't need much, but what I do get is restful.	Deep. I could sleep for hours and hours.
When dealing with a problem:	I tend to fixate on it. Thinking on it over and over.	Problems are just challenges to figure out and solve. Which I do.	I work through them, methodically, carefully, deliberately.
I eat:	Irregularly. Sometimes skipping meals. I like to graze all day.	Regularly. I don't miss meals. And I eat on time. Don't get in my way at mealtime.	Regularly. I like a relaxed meal and enjoy my food, but can miss a meal with no problems.
You are a part of team, your roll is:	The creative thinker who comes up with great ideas – when I'm not daydreaming.	Leader. I defined the project, organized the meeting, prepared the handouts. People are expected to fall in line.	I'm the "do-bee." Tell me what needs to be done and I will get it done. And I'm good at helping others accomplish their tasks.
My fingernails are:	Narrow, brittle, thin, cracking. Dry, rough. Why do I keep breaking my nails?!	Pinkish, medium sized. Sharp, flexible, lustrous nails.	Strong, wide, white. Thick, oily, smooth, polished nails.
My close relationships are:	Few. I prefer my own company.	Good. I find people need my insights.	Many. I love easily and deeply.
You are getting ready to take an important exam:	I have great short term memory – so I tend to cram at the last minute. But I won't retain the info.	I have a great memory. I learn and retain quickly – so I have a detailed study plan.	I read, and re-read, and re-read – but I will eventually learn it. And then I don't ever forget it.

My choice of drink is:	Something hot. But I'm super thirsty. But not all the time.	Something cool. And I'm often thirsty.	Hmm. I rarely get thirsty. Something cold is OK.
When considering your bowel movements:	They tend to be dry and difficult. Constipated.	I have them very regularly. They are soft, oily, loose.	I get the job done but it takes time and may be infrequent. They are heavy and thick.
If I am very stressed:	I get fearful, anxious. I may experience physical pain. I hate not knowing – the uncertainty.	I get angry, overbearing. I may lose my temper.	I gather my things around me and try to find my "happy place."
Regarding your digestion:	I am often bloated, gassy.	I have some acidity or heartburn.	I have a slow metabolism. It takes a long time to go through my system.
Regarding your memory:	I can recite every minute of yesterday, but don't ask me what happened last month.	I remember the important stuff. Everything else is up for grabs.	I remember everything all the way back to my infancy. New concepts may take me awhile to learn, but once I get them, I will remember them forever.
Your boss comes into your office and asks a question:	I respond quickly, and hope I am right!	I give an accurate response. Without a doubt.	I will carefully consider the question and my response and eventually provide a clear, exact answer.
When it comes to work:	I like to teach, to develop or create.	I like to lead, to be the person in charge.	I like to see tasks to completion and build cohesion.
You are at a party, and someone is flirting with your partner.	What did I do wrong? Maybe they are better than me? I'll probably keep my feelings to myself.	HOW DARE THEY! I will make sure everyone knows how inappropriate this is!	Ha! I have nothing to worry about... where's the buffet?
My faith is:	Stronger some days, not so much on others.	Don't question my faith. I do not waiver. I would fight for what I believe.	Consistent, stable, always with me.
My mind:	Likes the spirituality of things.	Likes intelligence. Is brilliant.	Likes calm. Is complacent.
My sex life is:	Sporadic. Quickly aroused.	Passionate.	Energetic and I have great stamina!... often.
If I do things to excess, I:	May have insomnia, paranoia, anguish.	May have ulcers, diarrhea, weight loss.	May overeat, oversleep, become stubborn.
I often suffer from:	Nervous problems	Skin problems	Chest or heart problems
My dreams:	Are frequent, active, fearful, plentiful.	Often seem fiery, deal with conflict.	Are my "get-away" place where I find my true love by a mountain lake.
If I get ill:	It comes on quickly and then I recover quickly	I get fevers and sweat a lot.	When was the last time I was ill? It doesn't happen often, but if I do get ill it tends to linger.

My energy level is:	High. Comes in bursts that get used up quickly leaving me exhausted.	Consistent and intense. I am a marathon runner who can push myself too hard. Think on things excessively until exhausted.	Once I finally get going, it grows and can keep me going consistently and maybe slowly for long periods of time.
My weight:	Is hard to increase.	Is well maintained.	Is easy to increase.
When I go on vacation, I:	Want someplace very warm in the sun so I can get my deep tan.	Want someplace where I can stay in the pool, out of the sun. Don't make me sweat.	Anyplace is fine – just find me somewhere to sit in the shade. I don't want to get too hot.
I tend to talk:	Fast. And can quickly change topics.	Persuasively. I am good at debate and can be impatient.	Slowly and thoughtfully.
When walking down the street, I:	Walk faster than those around me. Use small steps.	Walk with purpose at a moderate clip.	Walk slowly and steadily. Graceful.
When I gain weight, it shows up:	Around my middle/belly.	Everywhere equally.	In my hips, thighs and bust.
In a conversation, my voice is:	Light. Quiet. Whispering, stuttering, exhausted, explosive, dry.	Loud. Sharp, penetrating, metallic.	Deep, calm, hoarse, drum-like.
If there is something I want:	I buy it. Now. Look! Another shiny thing – let's get it!	I make sure it is the "best" and plan for buying it.	If I really want it, I will buy it but prefer to hold onto my money.

Now count your answers – how many "P's" and "V's" in each column:

Totals

P: _____

P: _____

P: _____

V: _____

V: _____

V: _____

Which column has the most marks in them?

First Column:

Vata

Second Column:

Pitta

Third Column:

Kapha

P = your inherent nature – your point of "balance" – reflects your constitution from birth

V = your current situation – if V=P then you are in balance. If P does not equal V, then an imbalance exists.

