



## Identify Your Mind/Body Type

(Adapted from *The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom*, by Henry Emmons, MD)

There are three distinct mind/body patterns. Each of us possess some of each—but in different proportions. Each category is linked not only to physical traits, but also to mental and psychological patterns, as well as habits and lifestyle.

Find out which mind/body type you are by taking the following questionnaire. For each question, mark the answer that best describes you *as you normally are* (i.e. when you feel healthy and balanced). If more than one answer seems to fit, mark both, or all three:

1.) Normally, my body is:

- a. thin and light
- b. of medium build and muscular
- c. solid and large-boned

2.) My skin tends to be:

- a. dry, cool, or rough
- b. soft, warm, or splotchy
- c. thick, smooth, or oily

3.) I have the most trouble tolerating weather that is:

- a. cold
- b. hot
- c. cool and damp

4.) My hair is best described as:

- a. dry, curly, thin
- b. fine, straight, may have early balding or graying
- c. thick, wavy, oily

5.) My appetite tends to be:

- a. variable and irregular
- b. strong, occasionally excessive
- c. steady, and I gain weight easily

6.) Skipping meals is:

- a. something that happens because of my erratic schedule and appetite
- b. hard for me, making me crabby or irritable
- c. easy for me

7.) My bowel habits are:

- a. irregular, often constipated or dry stools
- b. regular, frequent, often loose stools
- c. regular, often oily stools

8.) My physical activity level tends to be:

- a. high, often restless
- b. medium, often driven
- c. low, often lethargic

9.) My movements are usually:

- a. quick, random
- b. strong, purposeful
- c. slow, methodical

10.) My mind is best described as: a. quick, active, restless

- b. sharp, intelligent, critical
- c. calm, slow, thoughtful

11.) I tend to learn:

- a. quickly
- b. determinedly
- c. slowly

12.) My memory is usually:

- a. good for short term, poor for long term
- b. strong and detail-oriented
- c. slow to develop but with good retention

13.) My sleep tends to be:

- a. light and easily disrupted
- b. sound, needing less than others
- c. deep, needing more than others

14.) When emotionally balanced, I tend to be:

- a. lively, creative, and enthusiastic
- b. determined, friendly and successful
- c. calm, sweet-natured and easy-going

15.) When stressed, I easily become:

- a. anxious, insecure, or moody
- b. irritable, impatient, or critical
- c. sluggish, complacent, or overly attached

**Scoring:** Count the number of answers that were :

- a:** \_\_\_\_ (this corresponds to the air type)
- b:** \_\_\_\_ (this corresponds to the fire type)
- c:** \_\_\_\_ (this corresponds to the earth type)

If you scored significantly higher in one category, that's your type. If you've got high scores in two categories, you're a combination type. If you've got relatively equal scores in all three categories, you're a three-part combination type.

Knowing your type helps you decide which foods, nutrients and lifestyle changes you can make to help keep yourself in balance and prevent problems with mood, anxiety or other stress-related conditions.

Refer to recommendations for your type in *The Chemistry of Joy*.

If you feel out of balance, and aren't sure which is your natural type, then start by balancing the air type; then move on to the fire type; and finally, take measures to balance the earth type.