

Date:

Patient name:

To enable us to find a suitable homeopathic remedy, we need you to precisely record here all changes in how you feel which have arisen during the current illness. To do this: 1) Below, write the main symptoms you have noticed with your illness:

MAIN SYMPTOMS (for example: fear of crowds, with outbreaks of sweating and breathing difficulties)

2) Underline below whatever applies to you during your illness.

better / worse

better / worse

better / worse

better / worse

desire for / aversion to

For example: if it gets worse when you perspire, mark: <u>during</u> / after <u>perspiration</u> better / <u>worse</u>

OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP

- open air:
- open air:
- cold weather
- warm weather
- wet weather:
- dry weather:
- cold in general, being expose
- warmth in general:
- when getting cold:
- wrapping up warmly:
- uncovering:
- warm room:
- becoming warm in bed:
- during / after perspiration:
- wet compress on body:
- getting wet:
- draught / wind:
- getting hot / perspiring, want
- getting hot / perspiring, wan

POSITION

• lying position:	better / worse
• lying on back:	better / worse
• lying on side:	better / worse
 lying on painful side: 	better / worse
• change of position:	better / worse
• sitting:	better / worse
• sitting bent over:	better / worse
• standing:	better / worse

• muscles:

	better / worse	
ed to	better / worse	
	worse	
	worse	
t to uncover		
t to stay covered up		
	better / worse	
	better / worse	
	better / worse	

flabby / tense

MOVEMENT, EXERCISE, REST

• saliva:

• talking:

SLEEP

• after lying down:

• during sleep:

• while waking up:

• while / after getting up:

• while falling asleep:

• movement:	desire for / aversion to	• touc
• movement:	better / worse	• exte
• walking:	better / worse	• rubb
 running (jogging): 	better / worse	• smel
• physical exercise:	better / worse	
 breathing deeply: 	better / worse	• pres
• resting:	better / worse	• stab
• travelling (bouncing) in a ve	hicle: better/worse	• stab
EATING, DRINKING, TALKI	<u>IG</u>	CTATE
• during / after eating:	better / worse	STATE
• before breakfast:	better / worse	• irrita
• after breakfast:	better / worse	• sad /
• cold food and drink:	better / worse	• being
• warm food and drink:	better / worse	• socie
• after drinking:	better / worse	• cryin
• cold water:	better / worse	• think
• beer / wine / alcohol:	better / worse	• while
• thirst:	thirsty / absence of thirst	• musi
• appetite:	hunger / loss of appetite	• emo
		• 2000

hunger / loss of appetite more / less better / worse ch:

better / worse

better / worse

better / worse

hypersensitive

inwards / outwards

inwards / outwards

upwards / downwards

lost / weak / diminished

- ernal pressure:
- bing:
- ell:
- ssing sensation:
- bbing, pricking:
- bbing, pricking:

E OF MIND

• irritable / mild	
• sad / happy	
• being alone:	better / worse
• society, company of people:	better / worse
• crying:	better / worse
• thinking of complaints:	better / worse
• while other people talk:	worse
• music:	worse
• emotions, in general:	worse
• anger, annoyance:	worse
• grief and sorrow:	worse
• insult, humiliation:	worse
• unhappy love:	worse
• crowded rooms:	worse
• fright, anxiety, fear:	worse
• rage:	worse
• consolation:	worse
• excitement:	worse
 changeable mood 	

• pride

SENSATION



- cross, glum, grumpy
- malicious
- bold, daring, cheeky
- serious
- mistrustful, suspicious
- anxiety, fear, fearful, timid
- \bullet indifference, apathy, lack of interest
- hopeless, despairing
- hypochondria
- depressed, excessively sad
- illusions, hallucinations, obsessions
- madness, crazy ideas
- dazed
- deadened, stupefied
- delirious, confused, bewildered

UNDERSTANDING / MEMORY

- understanding easy / difficult
- mental effort: better / worse
- memory: good / weak / lost
- difficulty thinking clearly
- absent-minded, scatterbrained

PSYCHOSOMATIC COMPLAINTS

- burping
- disgust from food, smell, sight etc.
- urge to urinate
- urination: frequent / infrequent
- nausea: in general / in throat / in stomach in abdomen
- retching
- vomiting
- heartburn
- diarrhoea
- inside body, full feeling
- cramps: inside body
- disturbing pain, constricting

FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE: