

Yin/Yang Checklist

YANG PHYSICAL

Constipation

Heavy menstrual flow

Urination is dark

Craving for salt

Restless

Craving for red meat

Hyperactive

Stomach ulcers

Burning feet

Hotter than others

Never cold

Rapid pulse

Warm body

Prefer contact sports

Menstrual cycle less than 28 days

Clotted menstrual flow

Thirsty and drink a lot of fluid

Prefer cold drinks instead of hot

Pains are violent and stabbing

Sweat a lot when exercising

High blood pressure

History of gall bladder or liver problems

Hyperacidity of stomach

Sleep with little covers

Grind teeth

Like winter the best

Fever for no apparent reason

Get a headache in the sun

_____TOTAL POINTS

YANG EMOTIONAL

Talkative

Rage at others

An idea person

Extrovert

Bully

Pushy

Manipulative

Nervous

Very assertive

Witty

Difficulty meditating

Left-brained person

Anger easily and expresses it

Gregarious and outgoing

A natural salesperson

Like math and science

Lead others naturally

Hard to accept criticism

Cry very easily

Do not hold in feelings

Like more active sports; has needed endurance

At a party, go up to others and talk

Difficulty in taking directions, letting go of control

In nature, like to keep moving, not meditating

_____TOTAL POINTS

YIN PHYSICAL

Diarrhea

Light menstrual flow

Lack of thirst

History of anemia

Like the hot sun

Crave sugar

Crave fruit

Hard to get started

Fatigue

Adrenal weakness

Hands and feet cold

Left-handed

Sleep curled up

Weak hearing

Low blood pressure

Chronic indigestion

Weak muscles

Dizziness

Pale face

Menstrual cycle more than 28 days

Urination clear and very frequent

Like hot drinks

Pains are dull and aching

Like summer best

Headaches in the morning

Hypoglycemia

Like to be alone and quiet a lot

In nature, like to sit and be contemplative
Night sweats
Right-brained person
Sleep with lots of blankets
Always colder than others
Slow pulse naturally without a lot of exercise
Lack of appetite
Loose stools or diarrhea often
Ringing in the ears
Premature ejaculation in men
Decreased sex drive or disinterest in sex

_____TOTAL POINTS

YIN EMOTIONAL

Quiet
Receptive
Very organized
Passive
Withdrawn
Psychic
Worrier
Tightness
Fatigue
Hard to assert self
Introvert
Inner focus
Difficulty generating ideas
Artistic
Difficulty following through with ideas

Hard to get started

Low spirits, depressed easily

Intuitive

Emotions get stuck, rerun over and over

Constriction

Angers easily, but does not show it

Like solitude

Like relaxing, new age music

At a party, walk to corner to observe others

_____TOTAL POINTS

Compliments of Dr. Randy Martin, www.drrandymartin.com