

# The Emotions Questionnaire

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Look at your choices in this section and note where you are emotional; are you manifesting positive or negative aspects, are your emotions in line with your original metabolic type (Part I), current metabolic imbalance (Part II), or have you developed characteristics outside of your dosha.

## V

- Experiences fear
- Practices secretiveness
- Can be self-destructive
- Anxious
- Sneaky
  
- Nervous
- Dynamic
- Communicative
- Flexible, takes change well
  
- Feelings and emotions change easily
  
- Dreams about flying, running, restless nightmares

## P

- Experiences hate
- Can be vindictive
- Can be destructive
- Irritable
- Manipulative
  
- Angry
- Perceptive
- Caring
- Tolerant, accepts things when have no other choice
  
- Aggressive about opinions and feelings, gives opinions even if they are not asked for
  
- Dreams in color, fast, passion, conflicts

## K

- Experiences apathy
- Can be uncaring
- Feels victimized
- Attached
- Greedy, loves possessions
- Desirous
- Harmonious
- Devoted, loyal
- Patient, accepts all
  
- Avoids giving opinions in difficult situations
  
- Romantic, short dreams, often involve water

Totals:

\_\_\_\_\_ V

\_\_\_\_\_ P

\_\_\_\_\_ K