

Chopra Mindbody Questionnaire

When doing this energy assessment, we can see more than one response for each row. For example, in the line item Frame, a Pitta/Vata might respond to a medium symmetrical build, but also consider a thin lanky frame as also appropriate. In that case we would mark both Vata and Pitta columns. It would be highly unlikely that there be a circumstance where all three energy patterns would be selected. For example, it would be difficult to envision a situation where a mindbody would have **dry rough** thin skin under Vata, warm reddish in color and prone to irritation under Pitta and at the same time have thick moist smooth skin under Kapha. At times we may have trouble in deciding whether we have certain listed characteristics. In that case we might ask a spouse or friend who knows us well about responses particularly around temperament and under stress.

After we have totaled the numbers in the columns, the next step is to find out which are the two highest scores. For example, the Pitta column has 8 and Vata has 7 and Kapha has 4, it is clear that the mindbody energy constitution is Pitta/Vata(P/V)

Vata**Pitta****Kapha**

FRAME	I am thin, lanky, and slender with prominent joints and thin muscles.	I have a medium, symmetrical build with good muscle development.	I have a large, stocky or round build. My frame is broad, stout or thick.
WEIGHT	Low: I may forget to eat or have a tendency to lose weight.	Moderate: it is easy for me to gain or lose weight if I put my mind to it.	Heavy: I gain weight easily and have difficulty losing it.
EYES	My eyes are small and active.	I have a penetrating gaze.	I have large pleasant eyes.
COMPLEXION	My skin is dry, rough or thin.	My skin is warm, reddish in color and prone to irritation.	My skin is, thick, moist and smooth.
HAIR	My hair is dry, brittle or frizzy.	My hair is fine with a tendency towards early thinning or graying	I have abundant, thick and oily hair
JOINTS	My joints are thin and prominent and have a tendency to crack.	My joints are loose and flexible.	My joints are large, well-knit and padded.
SLEEP PATTERN	I am a light sleeper with a tendency to awaken easily.	I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	My sleep is deep and long. I tend to awaken slowly in the morning.
BODY TEMPERATURE	My hands and feet are usually cold and I prefer warm environments.	I am usually warm (regardless of the season) and prefer cooler environments.	I am adaptable to most temperatures but do not like cold, wet days.
TEMPERAMENT	I am lively and enthusiastic by nature. I like change.	I am purposeful and intense. I like to convince.	I am easy going and accepting. I like to be supportive.
UNDER STRESS	I become anxious and/or worried.	I become irritable and/or aggressive.	I become withdrawn and/or reclusive.
TOTAL * (total each column)			

* one point for each affirmative response; more than one point per row is appropriate