



7 Emotions Quiz

– Find Your Energy Pattern

In **Traditional Chinese Medicine (TCM)**, emotions can influence organ function. Emotions can impede and adversely influence the flow of qi (*functional energy*) corresponding to specific organs. TCM considers emotions as a major causative factor of disease. Understanding the energy patterns of specific emotions can help you guard against negative influences on specific organ function. This program was designed to help you develop self-care techniques to improve your energy flow and optimize your health naturally.

JOY-HEART, ANGER-LIVER, PENSIVENESS-SPLEEN, WORRY-LUNG/SPLEEN,

SADNESS-LUNG, FEAR-KIDNEYS, SHOCK-HEART/KIDNEY

Check off all that relates to you to identify the negative emotional energy pattern(s) challenging your health

RISING & EXPLOSIVE

- Anger (*often experienced*)
- Headache
- Stiff Neck
- Stiff Shoulders
- Red Face
- Dizziness
- Resentment
- Irritability
- Frustration
- Liver issues
- Eye pain
- Anemia
- Flank pain (sides of the body)
- Lump in the throat
- Often Sighing
- Difficulty swallowing
- Vertical crease in skin between the eyes
- High Blood Pressure
- Easily Stressed
- Abdominal discomfort
- Feeling stuck
- Feel under pressure
- Unable to take action
- Withholding feelings
- Complaining
- Self-sabotage

- unappreciated, misunderstood, unrecognized
- Difficulty speaking up or standing up for yourself
- Indecision
- Perception is blocked / lacking vision
- High expectations
- Always making plans
- Pain
- Joint pain
- Pain on one side of the body
- Groin discomfort
- Inner side of legs discomfort
- Eye issues
- Menstrual cycle issues
- Emotionally unsettled
- Finger nails issues

_____ **ADD UP & RECORD NUMBER OF SIGNS
AND SYMPTOMS**

UNSETTLED & SCATTERING

- Often feeling agitated, nervous, distressed
- Mental restlessness
- Over-excited
- Palpitations – feeling heart beating in the chest
- Insomnia
- Fullness/pressure/discomfort in the chest
- Heart issues

- Impulsive
- Restlessness
- Irritability
- Anxiety
- Unexplained laughing or crying
- Head issues
- Face issues
- Tongue issues
- Chest discomfort
- Often feel confused
- Unclear thinking
- Lacking awareness
- Feeling disorganized

_____ **ADD UP & RECORD NUMBER OF SIGNS
AND SYMPTOMS**

KNOTTED & STUCK

- Pensive / over-thinking
- Pondering, ruminating thoughts, preoccupied
- Poor appetite
- Abdominal discomfort, pain or bloating
- Loose stools
- Not feeling centered
- Spleen issues
- Weak limbs
- Weak muscles
- Mouth issues
- Weight gain
- Fatigue
- Tiredness after eating
- Low appetite
- Heavy appetite
- Heavy feeling in the body / head
- Feeling lazy
- Feeling sluggish
- Inability to focus and concentrate
- Mental chatter
- Many thoughts without resolution
- Experiencing unresolved feelings
- Obsessive-compulsive
- Always doing for others
- Feelings of self-pity
- Not feeling nourished
- Change is difficult
- Feeling stuck, difficult to get moving

_____ **ADD UP & RECORD NUMBER OF SIGNS
AND SYMPTOMS**

ELEVATED & KNOTTED

- Worry
- Feeling anxious
- Lung issues
- Chest or upper torso discomfort
- Breathlessness
- Shoulder tension
- Discomfort in the abdomen above the navel
- Abdominal fullness or bloating
- Spleen issues
- Diaphragm issues
- Fullness or tightness in the chest
- Diagnosed with Ulcerative Colitis
- Skin issues
- Nose issues
- Mouth issues
- Irregular, rapid, shallow breathing
- Shortness of breath
- Feeling stuck
- Feeling unable to act or move

_____ **ADD UP & RECORD NUMBER OF SIGNS
AND SYMPTOMS**

WEAKENING & COLLAPSING

- Sadness, grief or melancholy
- Breathing difficulties
- Breathlessness
- Shortness of breath - worse with exertion
- Chest discomfort
- Lung issues
- Asthma
- Chest or upper torso issues
- Feel a sense of shrinking or collapsing
- Feeling weighed down
- Feeling vulnerable
- Feeling low self-esteem
- Difficulty taking in more
- Unable to receive
- Weak cough
- Weak voice
- Lack of desire to speak

- Exhausted appearance
- Chronic phlegm and mucus conditions
- Fatigue
- Spontaneous daytime sweating
- Low resistance to respiratory infections
- Pale, bright face
- Skin issues
- Nose issues

_____ **ADD UP & RECORD NUMBER OF SIGNS
AND SYMPTOMS**

DESCENDING & DRAINING

- Fear / terror
- Insomnia
- Agitation
- Rosacea – facial redness across nose and cheeks
- Palpitation
- Urinating at night
- Urination problems
- Diarrhea
- Urinary tract infections
- Hair loss
- Loose teeth
- Ringing in the ears
- Premature graying
- Weak sexual activity
- History of heart attack
- Difficult issue that cannot be addressed
- Kidney issues
- Low back issues
- Knee issues
- Ears issues
- Bottom of Feet - issues
- Reproductive issues
- Endocrine system issues – thyroid, pituitary, pineal, thymus, pancreas, ovaries, testicles
- Bone issues
- Osteoporosis / Osteopenia
- Center feels drained
- Not feeling grounded
- Feeling disconnected
- Depression
- Feeling separation
- Weak constitution
- Restlessness

- Edema
- Growth and development issues
- Asthma

_____ **ADD UP & RECORD NUMBER OF SIGNS
AND SYMPTOMS**

SUDDEN & SCATTERING

- Sudden fright / shock / terrified
- Insomnia
- Palpitation
- Breathlessness
- Post-Traumatic Stress Disorder
- Trauma
- Unexpected concerns
- Urinating at night
- Agitation
- Rosacea – facial redness across nose and cheeks
- Urination problems
- Diarrhea
- Urinary tract infections
- Hair loss
- Loose teeth
- Ringing in the ears
- Premature graying
- Weak sexual activity
- History of heart attack
- Difficult issue that cannot be addressed
- Kidney issues
- Heart issues
- Head issues/discomfort
- Face issues/discomfort
- Chest issues/discomfort
- Fullness/pressure/discomfort in the chest
- Low back issues
- Knee issues
- Ears issues
- Bottom of Feet - issues
- Reproductive issues
- Endocrine system issues – thyroid, pituitary, pineal, thymus, pancreas, ovaries, testicles
- Bone issues
- Osteoporosis / Osteopenia
- Deep sense of loss
- Irritability

- No center / center feels drained / empty
- Not feeling grounded
- Feeling disconnected
- Feeling separation
- Weak constitution
- Growth and development issues
- Asthma

_____ **ADD UP & RECORD NUMBER OF SIGNS AND SYMPTOMS**

After check off all related boxes and totaling the number of box for each energy pattern, reference the chart below to see which TCM organ systems and emotions relate to the energy patterns you tend to experience.

Emotion	Energy Pattern	TCM Organ correspondences
Anger	Rising & Explosive	Liver
Sadness	Weakening & Collapsing	Lungs
Fear	Descending & Draining	Kidney
Shock	Sudden Scattering	Heart & Kidneys
Joy (<i>over-excited</i>)	Unsettled & Scattering	Heart
Pensiveness (<i>over-thinking</i>)	Knotted & Stuck	Spleen (<i>stomach/digestion</i>)
Worry (<i>anxiety</i>)	Elevated & knotted	Lungs & Spleen (<i>stomach/digestion</i>)

Excessive energy patterns can cause health imbalances in the related TCM organs. People often have several excessive energy patterns and experience a combination of signs and symptoms from the differing patterns.

There are many ways to treat these excessive energy patterns. The audio tracks of **7 Emotions Guided Awareness Meditations** talks you through a guided meditation that brings awareness to these excessive energy patterns. There are 7 meditations design to balance the most common emotional energy patterns. The meditations can help you develop a more connective and balanced energy and a deeper sense of relaxation to support your mental emotional health.