

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.

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

OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP

- open air: better / worse
- open air: desire for / aversion to
- cold weather: better / worse
- warm weather: better / worse
- wet weather: better / worse
- dry weather: better / worse
- cold in general, being exposed to: better / worse
- warmth in general: better / worse
- when getting cold: better / worse
- wrapping up warmly: better / worse
- uncovering: better / worse
- warm room: better / worse
- becoming warm in bed: better / worse
- during / after perspiration: better / worse
- wet compress on body: better / worse
- getting wet: worse
- draught / wind: worse
- getting hot / perspiring, want to uncover
- getting hot / perspiring, want to stay covered up

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: flabby / tense

MOVEMENT, EXERCISE, REST

- movement: desire for / aversion to
- movement: better / worse
- walking: better / worse
- running (jogging): better / worse
- physical exercise: better / worse
- breathing deeply: better / worse
- resting: better / worse
- travelling (bouncing) in a vehicle: better / worse

EATING, DRINKING, TALKING

- during / after eating: better / worse
- before breakfast: better / worse
- after breakfast: better / worse
- cold food and drink: better / worse
- warm food and drink: better / worse
- after drinking: better / worse
- cold water: better / worse
- beer / wine / alcohol: better / worse
- thirst: thirsty / absence of thirst
- appetite: hunger / loss of appetite
- saliva: more / less
- talking: better / worse

SLEEP

- after lying down: better / worse
- while falling asleep: better / worse
- during sleep: better / worse
- while waking up: better / worse
- while / after getting up: better / worse

SENSATION

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- smell: lost / weak / diminished hypersensitive
- pressing sensation: inwards / outwards
- stabbing, pricking: inwards / outwards
- stabbing, pricking: upwards / downwards

STATE 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

