

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: difficulty falling asleep, wake at 2 a.m., cannot get back to sleep again after waking up)

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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: 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 on back: better / worse
- lying on side: better / worse
- lying on painful side: better / worse
- change of position: better / worse
- sitting up, straightening up: better / worse

**MOVEMENT, EXERCISE, REST**

- breathing deeply: better / worse
- physical exercise: better / worse
- mental effort: better / worse
- resting: better / worse
- thirst: thirsty / absence of thirst
- appetite: hunger / loss of appetite
- after eating: better / worse
- cold food and drink: better / worse
- warm food and drink: better / worse
- after drinking: better / worse
- cold water: better / worse

**SLEEP**

- falling asleep, late
- falling asleep, symptoms which prevent
- sleep: anxious / sound / deep / comatose stupefying / too long / waking too late unrefreshing / restless
- sleeplessness, before / after midnight
- sleeplessness, with sleepiness
- sleeplessness, caused by another symptom
- sleepiness, caused by complaints
- waking up: often during night
- waking up: too early
- unable to fall asleep, after waking once
- sleepiness: in daytime in morning before noon in afternoon in evening
- excessive need to sleep
- drowsy, sleepy
- yawning
- of yawning
- loss of sleep: worse
- after lying down: better / worse
- while falling asleep: better / worse
- during sleep: better / worse
- while waking up: better / worse
- breathing deeply: better / worse
- children's teething: child feels worse
- head cold: worse
- pregnancy: worse
- menstruation, worse: before at start of during after
- full moon / new moon: worse
- anger, annoyance: worse
- grief and sorrow: worse
- insult, humiliation: worse
- rage: worse
- fright, anxiety, fear: worse

**SENSATION**

- heart palpitations
- breathing: anxious
- inside body: full feeling
- cramps: inside body
- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse

**TYPICAL DREAMS**

- anxious dreams
- pleasant dreams
- persistent dreams

**STATE OF MIND**

- irritable / mild
- sad / happy
- being alone: better / worse

**FURTHER SYMPTOMS NOT MENTIONED IN THE QUESTIONNAIRE:**

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