

Five Phases- Circle the ones that apply to you

1. Without spending much time thinking about it, what color would you choose:

- Red
- Yellow
- Blue
- Green
- Black
- White

2. If all foods were good to eat and you had no restrictions to consider for health, diet or religious reasons, what flavor would you indulge or binge on:

- Salty
- Sweet
- Sour or citrus
- Bitter, roasted
- Flavorful, spicy, piquant

3. Which describes your emotions:

- Anxiety figures prominently in your psychological make up. You spend a lot of attention keeping anxiety in check (so that you don't show that you are impatient or irritable)
- You are usually fairly exuberant about what you are doing
- You are the sort of person who makes sure that everything and everyone is all right. You easily get involved in other people's lives, taking care of people, even at the expense of your own well-being. Do you worry about others?
- Do you stay late at work, on your own time, so that things are ready for the next day or the next project? Do you become sad or blue easily? More easily than others? Does depression figure prominently in your emotional make up?
- Is it easy for you to quietly blend into the activities of others in your work and social environment? Does fear figure prominently in your emotions?

