

# UNDERLYING EMOTIONS APPRAISAL & REMEDY EVALUATION

**IMPORTANT:** This appraisal is designed to help discern products that may optimize a higher quality of health and an easier recovery by easing underlying issues driving addiction.

Read each product description carefully and score **only those statements which pertain to you** on a 1-5 scale of intensity, 5 being the strongest. **You do not have to have every emotion or symptom listed in each section** in order for the appropriate remedy to be effective. At the end of the appraisal, prioritize the remedies with the highest score. Remedies, when used in combination, improve effectiveness.

- 1 = Symptoms of occasional significance
- 2 = Symptoms of slight significance
- 3 = Symptoms of moderate significance
- 4 = Symptoms of severe significance
- 5 = Symptoms of very severe significance

## UNDERLYING EMOTIONS

The remedies from this category ease the negative emotions driving addiction. More than one remedy in this category may be taken to increase effectiveness.

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### PATIENCE

**General:**

- impatience
- irritability
- volatile temperament
- quickness to anger
- discontent
- Impulsiveness
- emotional instability

**Possible Related Physical Conditions:**

- gout
- tooth infection
- hernia
- affections of the kidney and/or liver
- goiter

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### HEAL YOUR HEART

**General:**

- disappointed or lost love
- heavy heart
- discouragement
- sadness,
- dejection
- grief
- overly sympathetic tendencies

**Possible Related Physical Conditions:**

- back and chest weakness
- weak or lost voice
- spinal irritation
- chronic fatigue
- sleep disorders

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### FORGIVE YOUR SELF

**General:**

- emotional & physical effects of guilt
- remorse
- heavy conscience
- tormenting thoughts
- self blame
- negative self talk
- closed emotionally

**Possible Related Physical Conditions:**

- Gastrointestinal ulceration and/or pain,
- hay fever
- impotence
- neuralgia
- weakness of back
- rheumatism
- sleep disorder

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## SOOTHE YOUR SORROW

### General:

- physical & emotional effects of grief,
- despair
- hopelessness
- worries
- despondency
- feeling emotionally lost
- heavy heart

### Possible Related Physical Conditions:

- diabetes
- affections of the heart, ears and uterus
- sciatica
- loss of voice
- problems sleeping
- headache
- inflammation of the eyes

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## CONFIDENCE

### General:

- insecurity
- feelings of inadequacy
- nervousness
- apprehension
- irresolution
- hides emotions

### Possible Related Physical Conditions:

- asthma
- speech disorders
- affections of the uterus
- gastric ulcers
- indigestion

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## MOOD CHANGES

### General:

- mood changes
- extreme joy to sadness
- manic-depressive
- bipolar tendencies
- emotional instability

### Possible Related Physical Conditions:

- incontinence
- eczema
- aphasia
- cysts
- styes

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## HEALTHY SEXUALITY

### General:

- sexual repression
- negativity toward sexual matters
- misdirected or harmful erotic thoughts
- guilt over sexual issues
- effects of sexual abuse

### Possible Related Physical Conditions:

- abnormal menstruation
- venereal diseases
- affections of the ovaries
- affections of the prostate or testicles
- impotence, sterility, seminal emissions

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## EMBRACE LIFE

### General:

- indifference,
- apathy,
- lethargy,
- lack of willpower
- lack of sense of purpose in life
- emotional unresponsiveness.

### Possible Related Physical Conditions:

- anemia
- debility
- headache,
- rheumatism
- tuberculosis
- liver disorders

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## PEACE: EXTREME

### General:

- anxiety attacks
- hysteria, anguish
- apprehension
- fear
- despair

### Possible Related Physical Conditions:

- sciatica
- affections of vision,
- affections of feet, and/or lower leg
- headache

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## SWEET TALK

### General:

- being verbally abusive
- cursing
- using violent language
- scolding
- insulting
- yelling and screaming
- insolence, rudeness

### Possible Related Physical Conditions:

- affections of bladder
- spasms
- stricture or chronic inflammation of the urethra
- sour breath
- frequent urination or incontinence
- diarrhea

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## **EMOTIONAL STRENGTH**

### **General:**

- shame
- oversensitivity
- taking offense
- feeling vulnerable
- crying easily
- negative self-talk

### **Possible Related Physical Conditions:**

- pain in lumbar and/or sacrum,
- angina pectoris,
- heart palpitations,
- hyperpyrexia (very high body temp.
- anemia

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## **TRUST**

### **General:**

- distrust
- unfounded anxiety
- skepticism
- suspiciousness
- paranoia
- worry of deception

### **Possible Related Physical Conditions:**

- epilepsy, twitches
- tremors
- pneumonia
- stiff neck
- colitis

**THANK YOU FOR COMPLETING THIS QUESTIONNAIRE. If you have MANY symptoms scoring 5, 4, or 3, begin taking remedies for the highest scores to initiate the healing process. These remedies work synergistically and are safe to use for extended periods of time. Work on the areas of most concern to you.**

- **The higher the score, the deeper the issues.**
- **The deeper the emotional issues, the longer the homeopathic remedies may need to be taken.**
- **Several remedies may be combined in order to be most effective.**

**If you have concerns or questions, discuss this appraisal with your health care provider.**

*\*Adapted from the KingBio Personal Health Appraisal*