

Question Sheet for CF Type

Code for Scoring

Strongly agree 3

Just agree 2

Agree a small amount 1

Do not agree at all 0

- 1. I can get dizzy or lightheaded when standing up.
- 2. I am often anxious and restless.
- 3. I often have loose bowels
- 4. I am easily disappointed or offended, but rarely show it
- 5 . people may think I am intuitive, but I actually do a lot of thinking ahead and working things out
- 6. When someone is obviously being treated unfairly, I am often willing to stand up for the under-dog or the oppressed.
- 7. I laugh or giggle a lot.
- 8. At times, I have difficulty taking information in.
- 9. As soon as things do not work out, I think it is better to cut your losses and move on .
- 10. In a crisis, compared to others I am cool and can take charge.
- 11. Correctness and fairness are important, but difficult to achieve in practice.
- 12. I can be hurt by one simple comment and nevertheless hide my feelings.
- 13. I enjoy helping others and being useful to them .
- 14. I hate losing even small things.
- 15. I have weak or sore knees.
- 16. I often get really wound up and frustrated over issues.
- 17. Being happy is not the only thing in life, but it is close to the top of my list.
- 18. I feel worse with damp or humid weather.
- 19. I think, and others confirm this, that I am not emotionally expressive.
- 20. I sometimes get puffiness and dark bags under my eyes.
- 21. I prefer not to be supervised or overseen by others.
- 22. I look forward to socializing with or working with people.
- 23. I often feel tired and heavy .
- 24. I think a lot of my good qualities are not appreciated or recognized.
- 25. Having sex makes me tired/weak afterwards.
- 26. I often feel like rebelling or challenging authority or conventional wisdom.
- 27. I think I am over excitable.
- 28. I will often worry about things, even when I cannot do anything practical about them

- 29. I easily catch colds.
- 30. All I have to do is think about certain situations to make me feel concerned or even frightened.
- 31. I get blurred vision or tired eyes.
- 32. If my close relationships are not stable, I am not stable.
- 33. I am frequently worried and concerned about something.
- 34. My voice is a bit weak.
- 35. No one can reassure me - I need to reassure myself.
- 36. I enjoy organizing and structuring any situation.
- 37. I can easily doubt that someone loves me or cares for me.
- 38. I have some problems in balancing others and my own needs.
- 39. I appreciate it if I can do more and better than others.
- 40. I often need to assess a situation and check out whether I am safe.
- 41. On issues to do with who is responsible for what, I either have very specific views or I am completely easy.
- 42. A hurtful look or comment can leave me feeling very sad.
- 43. I sometimes do not digest well.
- 44. I frequently cough, with or without phlegm.
- 45. I am easily frightened, have phobias or get paranoid.
- 46. I have difficulty digesting fatty foods or a poor tolerance of alcohol.
- 47. I can go up and down a lot, loving things at one moment and feeling miserable the next.
- 48. I have an eating disorder or some irregularity of appetite.
- 49. I tend to set high standards for myself - and others.
- 50. I think people often tell you 'everything will be fine' and it won't.
- 51. It is better for me to be in control and have the power in any situation rather than be cooperating with and depending upon others.
- 52. I love safe, heart-felt contact with others.
- 53. My abdomen bloats after eating.
- 54. I always notice when people start talking about getting the best quality this or best quality that.
- 55. I am good at looking ahead and anticipating what might go wrong.
- 56. I can get frustrated and wound up.
- 57. I often get tongue-tied or mix up my words.
- 58. I can be hungry, even after eating

- 59. Finding your spiritual path is twenty times as important as just having a good time.
- 60. I tend to believe the world is a dangerous place and one needs to be careful.
- 61. I get muscle tightness or tension.
- 62. One of the best things in life is contact with other people.
- 63. I sometimes feel muzzy headed or can't think well.
- 64. Whatever I do, I prefer to do it as well as and preferably a lot better than others.
- 65. It takes me a while to really trust someone.
- 66. It makes me angry to see others being treated unjustly or unfairly.
- 67. Closeness with people is important to me.
- 68. I will sometimes worry about getting my needs met.
- 69. I easily get short of breath.
- 70. I urinate frequently and sometimes with some urgency.
- 71. My nails are weak or split.
- 72. I could be anxious and insecure about going to a party which I wanted to go to, but where there would be a lot of people I don't know –and I might not go.
- 73. Food and cooking are very important to me.
- 74. My breathing is shallow and sometimes weak.
- 75. People need to prove to me that they are trustworthy—I don't just believe it.