

Name:

Date:

1



MERIDIAN-QI-FLOW SELF-ASSESSMENT



Meridian-Key symptom	Stage: Please review your symptoms over <u>the past 7 days</u> . and Select the <u>one</u> option that best matches your experience.
LU - Chest Tightness & Shortness of Breath	<p>A: Normal breathing</p> <p>B: 1-2 short episodes/week; better with rest</p> <p>C: 3-4 episodes/week; need deep breathing but can still talk</p> <p>D: Almost daily episodes; greatly limits activity or speech</p> <p>E: Sudden intense difficulty breathing, lips/nails turn purple (urgent care)</p>
LI - Bowel Changes (diarrhea/constipation)	<p>A: Regular bowel habits</p> <p>B: 1-2 days with minor changes</p> <p>C: 3-4 days of pain/bloating; partly improved by diet</p> <p>D: 5-6 days of ongoing pain; need medication</p> <p>E: Intense pain, bloody stool, or sudden weight drop (emergency)</p>
ST - Stomach Discomfort (acid reflux, nausea)	<p>A: Normal digestion/appetite</p> <p>B: 1-2 days slight bloating or small appetite change</p> <p>C: 3-4 days reflux/nausea; somewhat better with diet</p> <p>D: 5-6 days strong symptoms; weight change >3%</p> <p>E: Vomiting blood, black stool, or can't eat (emergency)</p>
SP - Poor Concentration (forgetfulness, low efficiency)	<p>A: Clear focus, no issues</p> <p>B: Occasionally distracted; minimal impact</p> <p>C: Frequent distraction; ~20% drop in efficiency</p> <p>D: Major distraction most days; ~50% drop</p> <p>E: Unable to do simple tasks; confusion/unusual behavior (urgent check)</p>
HT - Palpitations (fast heartbeat, chest tightness)	<p>A: Steady heartbeat</p> <p>B: 1-2 quick episodes/week</p> <p>C: 3-4 episodes/week; need ~10 minutes rest</p> <p>D: Almost daily, each lasts over 10 min</p> <p>E: Intense chest pain, spreading to left arm, faint/dizzy (emergency)</p>

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2



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<p>SI - Shoulder/Neck Stiffness (pain, limited movement)</p>	<p>A: Relaxed shoulders/neck B: 1-2 minor aches; relieved by massage C: 3-4 aches; improved by heat therapy D: Daily stiffness; turning head or lifting arms is difficult E: Sudden intense neck/back pain, numbness, or bladder issues (urgent check)</p>
<p>BL - Lower Back Pain (worse from prolonged sitting)</p>	<p>A: No back issues B: 1-2 slight aches C: 3-4 aches; improved by gentle movement D: Ongoing pain; need frequent posture changes E: Weak/numb legs or loss of bladder control (emergency)</p>
<p>KI - Fatigue & Low Energy (lack of motivation)</p>	<p>A: Energetic, normal daily life B: 1-2 tired days; recovers with rest C: 3-4 tired days; clear drop in interest D: Almost daily exhaustion; stop usual activities E: Bedridden >24 hrs, confusion, or can't eat/drink (urgent check)</p>
<p>PC - Sleep Trouble (difficulty falling/staying asleep)</p>	<p>A: 6-8 hrs/night; wake up refreshed B: 1-2 late nights; total ≥ 6 hrs C: 3-4 nights ≤ 5 hrs; daytime drowsiness D: Nearly every night; need sleep aids E: 72 hrs no real sleep, hallucinations or self-harm risk (emergency help)</p>
<p>TW - Throat Discomfort (dryness, itch, lump feeling)</p>	<p>A: Throat feels fine B: 1-2 dry coughs; improved with water C: 3-4 times/week; occasional hoarseness D: Persistent dryness/lump; affects swallowing E: Hard to breathe, throat swelling, fever/confusion (urgent check)</p>

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3



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<p>GB - Social Anxiety (fear of crowds, sweating)</p>	<p>A: Comfortable in social settings B: 1-2 tense moments; self-managed C: 3-4 times avoiding social activities D: Frequent panic; need someone to accompany you E: Sudden panic attack, terror of dying/losing control (mental health emergency)</p>
<p>LV - Emotional Swings (irritability, crying spells)</p>	<p>A: Stable mood B: 1-2 outbursts; regret afterward C: 3-4 major episodes; affects work/relationships D: Nearly daily anger, self-blame or negative thoughts E: Suicidal ideation or self-harm risk (urgent mental health care)</p>
<p>REN - Reproductive Imbalances (irregular or painful periods, low libido)</p>	<p>A: Normal cycle/libido B: Up to 7-day late period or slight libido drop C: 1-3 months irregular cycle or clear libido drop D: 3+ months missed periods, very painful menses, sexual dysfunction E: Intense pelvic/testicular pain/swelling (emergency check)</p>
<p>DU - Headaches/Dizziness (tight or heavy feeling)</p>	<p>A: No headaches, clear mind B: 1-2 light headaches; better with rest C: 3-4 headaches; disrupts work D: Almost daily; need medication E: Sudden intense headache, vomiting/blurred vision (urgent check)</p>

- **If you select E for any meridian, please seek immediate medical or mental health care.**
- If all selected options are A-D, share your results with your acupuncturist to guide the weekly treatment plan.
- This is not a formal diagnosis. If you have any doubts, consult a qualified healthcare professional. Please fill this out in under five minutes each week and bring your answers to your next acupuncture session.

THANK YOU!