**Constitutional Questionnaire:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Please answer each question briefly unless you feel inclined to give more detailed information. If you are filling this out for a child, answer only what seems appropriate. If this is for a child on the Autism Spectrum and there was a regression try to think of how your child/infant was prior to the regression when answering.

1. Do you tend to think before you act or act before you think?
2. How do you feel when you hurt someone’s feelings? Do you get over it quickly or does it bother you for a while.
3. If someone hurts your feeling do you get over it easily or does it bother you for some time?
4. How do you feel about routine?
5. Do you like change or find it difficult?
6. How do you feel about confrontation?
7. Do you tend to be chilly or warm?
8. Do you tend to be more shy or sociable?
9. Where would you be more comfortable: big social function or at a small gathering with close friends?
10. How do you feel in a room full of people?
11. How do you feel about thunder and lightning storms?
12. Do you recharge you battery alone or with people?
13. Do you prefer company or solitude?
14. Do you “live to eat” or “eat to live”?
15. Do you see yourself as an instigator or a peacemaker?
16. Do you tend to be thirsty or thirst-less? Naturally…not what you have trained yourself to do.
17. Do you like to be consoled when you are upset or be alone?
18. Do you have any fears, if so of what?
19. Are you responsible or are you carefree? Or do you see yourself as both….
20. Do you tend to be neat or messy?
21. How do you react if things are disorganized?
22. What are your favorite foods? Least favorite?
23. Do you like salty foods/spicy/creamy?
24. Do you like sweet foods? If so, which ones?
25. Do you like sour foods or vinegar?
26. Are there any foods that you can’t eat because they cause problems?
27. How important is family to you?
28. Would you be okay with moving away from family or do you feel you need to be close to them?
29. If you lived away from family how often would you need to call them? Daily, Weekly, biweekly, monthly or less frequently?
30. Is it hard or easy for you to express your emotions?
31. Do you find decision making easy or difficult?
32. Do you tend to procrastinate?
33. Do you have an over-active imagination?
34. Would you consider yourself to be gullible?
35. What profession do you think you would be if you could be anything?
36. Do you hold grudges? Or do you forgive easily?
37. Are you a hands-on learner or a book learner? Or how do you learn best?
38. Do you tend to be hot or cold at night? In what position do you sleep?
39. Do you sleep with the window open or closed at night?
40. How important is time outside?
41. Do you blush or embarrass easily?
42. How fond are you of pets?
43. What is your favorite season? In which season do you feel best?
44. Are you generally aggravated by cold or heat?
45. Are you sensitive to sounds, feeling or other external stimuli in your environment?
46. Will you show emotions in front of people? Cry?
47. Do you ever feel inclined to cry when someone thanks you?
48. Do you like to sunbathe?
49. Are you a night hawk or morning lark?
50. What do you like best about yourself?
51. What do you see as your worst trait?
52. How important is what other people think to you?
53. How do you endure collars, belts or tight fitting clothing?
54. Are you competitive? Do you have trouble losing when you play a game?
55. As a child were you clingy with your parents?
56. As a child were you a bully or bossy?
57. As a child did you resist the idea of growing up?