**Constitution: Personality**

**Please check any characteristics you resonate with**

**SULPHUR**

Physicals:

\_\_\_ Warm-blooded, easily reddens up - face, ears, mucous membranes

\_\_\_They radiate heat - but emanate cheerfulness

\_\_\_Much thirst, large appetites, spicy food, cold drinks

\_\_\_ When a sulphur type enters a room- if only to slump in a chair - everyone feels it

Mentals:

\_\_\_Quick to anger, quick to subside

\_\_\_Has big ideas and is always working to keep them in motion

\_\_\_ Loves to argue as a form of stimulating conversation

\_\_\_ Has an excellent memory for facts, loves to read and learn new things

\_\_\_Can be mentally strong or muddled in the head by all the facts and information and unable to put it into any cohesive sense and will reject formal education.

Behaviour:

\_\_\_ Rebellious in nature

\_\_\_ Likes to accumulate - whether knowledge or material objects, but can give it away in an instant

\_\_\_Need to have his possessions close at hand, like to touch and know where everything is

\_\_\_Can be extremely happy with everything, hold no grudges or resentments - benevolent sulphur

\_\_\_Doesn’t mind things messy if they are his own things

\_\_\_ Love working with hands and with the earth

**PULSATILLA**

Physicals

\_\_\_Lack of thirst, despite being dry

\_\_\_ Digests both food and emotional situations slowly, may develop ulcers

\_\_\_\_Many foods upset stomach but crave them - ice cream, butter, eggs, sweets

\_\_\_Very warm-blooded

\_\_\_Inconsistency in bodily functions

Emotional:

\_\_\_ Emotions rule

\_\_\_Weeps easily, doesn’t matter if boy or girl

\_\_\_ Gentle, clingy, fearful

\_\_\_Timid and anxious before answering

\_\_\_Fear of abandonment

\_\_\_Loves consolation

Behaviour:

\_\_\_ Tend to be followers, not leaders

\_\_\_ Can become disgusted or averse to certain objects (ie. A certain food, not use a pen)

\_\_\_Will not challenge unfair practices
\_\_\_\_Show and need lots of affection within a familiar group

 **PHOSPHOROUS**

Physicals

\_\_\_Wake up refreshed - though hungry - first one at breakfast

\_\_\_Headaches to the point of migraines

\_\_\_ Have long eyelashes even at birth

\_\_\_Thirsty - for cold drinks

\_\_\_ Driest skin and flakiest eruptions

Emotional

\_\_\_ Communicative, excitable and expressive

\_\_\_Good-natured from birth, warm-hearted

\_\_\_Very fearful - being alone, ghosts, thunderstorms

\_\_\_Not easily hurt - will put herself together and keep going

Behaviour

\_\_\_Can be mischievous, bright eyed, curious about environment

\_\_\_Like to play around, but have good self-control and can behave when required to

\_\_Openness - even when ill, except if seriously so

\_\_\_ Affectionate and loves company, people are attracted to them

\_\_\_ Love to be the center of attention

\_\_\_ Very energetic, keep trying things until you get it, even trying on different outfits

**Calcarea Carbonica (Calc carb)**

Physical:

\_\_\_Easy perspiration of head

\_\_\_Perspire quite profusely during first few minutes or hours of sleep

\_\_\_Colds often

\_\_\_ Weak ankles - may have bone problems due to trouble with calcium absorption

\_\_\_May have difficulties with milk

\_\_\_Strong, serious stare

Emotional:

\_\_\_Obstinacy

\_\_\_Deep and lengthy concentration

\_\_\_Sadness and seriousness

Behavioral:

\_\_\_Slowness; Step by step

\_\_\_Comprehension is slow- have to repeat things

\_\_\_Need time to do things

\_\_\_Don’t like to leave things undone

\_\_\_Will find it hard to motivate themselves to their potential, but if they do, then they do very well.

\_\_\_Content just being

**Lycopodium**

Physical:

\_\_\_Strong hunger in the morning, like to keep covered at night

\_\_\_ Flaring of the nostrils (mostly in adults)

\_\_\_ Right sided aggravations

Emotional:

\_\_\_Fear is a major component, starting at babyhood

\_\_\_ Doesn’t like new, strange situations and places or people - anxious, fear of failure

\_\_\_Resilient self-esteem

\_\_\_Domineering yet needy

\_\_\_Intolerance of contradiction

\_\_\_Prone to dyslexia

Behavior:

\_\_\_ Sensitive to social ranking and does not wish to lose status - this is why he fears new situations, people, and activities, that can potentially reveal his inadequacies.

\_\_\_ Concerned how he or she is perceived within the group. Does not want to look foolish.

\_\_\_Will not argue or discuss things when they know they are right - will walk away

\_\_\_Feels he was born under a lucky star and succeeds in almost anything he tries

\_\_\_ Enjoys flattery, and will accept any compliment even if not entirely merited

\_\_\_Can conform to changes without compromising himself

**Silica**

Physicals:

\_\_\_Brittleness in bones, nails, split ends in hair

\_\_\_Physical endurance is poor, tires easily, lacks vitality, but inherently resilient

\_\_\_May tremble

\_\_\_Can go all day, but very chilly and like to be warm

Emotional:

\_\_\_Gentle, even-tempered, fair and has a considerate approach to people

\_\_\_Unthreatening and inoffensive

\_\_\_Cheerful, perky, doesn’t require a lot of attention

Behavior:

\_\_\_Know what they don’t want as opposed to what they want.

\_\_\_ Rigid in their ideas of objects and clothing

\_\_\_Will not take on too much or keep distant relationships as a way of protection

\_\_\_Can be conscientious over trifles and take a long time performing simple tasks

\_\_\_Principled without being self-righteous

\_\_\_A bit mouse-like

\_\_\_Manner is apologetic and visibly lacking in self-confidence

\_\_\_Does not have to prove they are better than the next guy

**Arsenicum**

Physicals:

\_\_\_Meticulously clean, scrub away all the dirt and germs

\_\_\_ Well groomed, refined, fidgety, nervous type

\_\_\_Very chilly, needs an environment that is just right; extremely sensitive to it (noise, smells, allergies)

\_\_\_Always feels better with external heat

Emotional:

\_\_\_Always thinking they have a serious illness and sometimes enjoying their illnesses as a way to get deeper inside themselves

\_\_\_ Hypochondriac - love to go to health care practitioners

\_\_\_Constantly worrying - about their family’s well-being and their own

\_\_\_ Needs a stimulating and challenging environment to perform well

Behaviour:

\_\_\_Work, work, work - love working even if they complain; they aim high

\_\_\_ Perfectionist, over ambitious, over prepared, strong competitiveness

\_\_\_Usually drawn to the arts - a place where perfection can exist

\_\_\_Extremely strong views; quick to criticize others in harsh words; intolerant of others ideas

\_\_\_Wanting the best for herself, hard to relinquish control; may even try to take over her case

\_\_\_He is always right; others are always to blame; lots of self pride

\_\_\_Over-intellectualizes

**Lachesis**

Physicals:

\_\_\_ Does not sleep much and likes to do things at night

\_\_\_ Aggravated by heat and likes cool

\_\_\_Doesn’t like tight things around neck

Emotional:

\_\_\_There can be a dualism in the person, operating simultaneously, sort of a Jekyll-and-Hyde nature

\_\_\_Guilt-ridden, even about their thoughts

\_\_\_Suspicious of others motivation, jealous

\_\_\_Can feel out of control, especially before discharges (like menses)

Behaviour:

\_\_\_Blocked emotional life loves outlets - even in physical discharges

\_\_\_Loquacious - animated and imaginative speech

\_\_\_Shows a passion for life - lots of energy to get things done during their day

\_\_\_Can be chaotic, sporadic, erratic in creative outbursts

\_\_\_Humorists often are lachesis types, quick to see the absurd, tragic irony of life

\_\_\_Can be too much for people that it turns them off

\_\_\_Can be sweet but not soft - fighting back if her territory is threatened

\_\_\_Knows herself quite well and of her own ability to act underhandedly or meanly

**Sepia**

Physical:

\_\_\_Worn-out housewife, run-down, eyelids may droop

\_\_\_Exhausted from looking after things, may lash out at children and husband

\_\_\_ Would rather exercise vigorously and move about than take quiet strolls

\_\_\_One side is passive, withdrawn and unmoving and when under stress is indifferent. While the other side is always active and moving and when under stress will attack quickly

Emotional:

\_\_\_Can be distant, chilly emotionally, want to be left alone, independent

\_\_\_ Is clever and often right and therefore can be outspoken

\_\_\_ Could have a hard or cold shell but be vulnerable inside

\_\_\_ Like to complain how life is unfair, nags

\_\_\_Likes her independence and can be very negative if relationships are too demanding and tell you so.

\_\_\_Can have outbursts of anger, people around walk on eggshells

Behaviour:

\_\_\_Does things out of a sense of duty

\_\_\_ Everything requires so much effort

\_\_\_Has integrity and knows where she stands

\_\_\_Can be miserly and not want to spend much, even if there is enough money

\_\_\_Difficult to express love (it seems too demanding)

**Staphysagria**

Physical:

\_\_\_Pestered by mosquitoes

\_\_\_ Eventually, emotional and physical energy will drain, hamper ability to think, creating indifference

Emotional:

\_\_\_Her disposition is mild and gentle, may have low self-esteem, feeling of powerlessness

\_\_\_ A reluctance to heal or never been well since

\_\_\_Silent indignation

\_\_\_ Longing for just a drop (or more) of respect and recognition

Behavior:

\_\_\_Suppresses his resentment, becomes speechless from insult, inability to defend himself

\_\_\_Maybe afraid she would explode inappropriately and so doesn’t say anything out of common sense or pride

\_\_\_Out of sensitive pride refuses to parade her indignity

\_\_\_Hides her humiliation in silent suffering

\_\_\_ A type of martyr that can see how much he can take, but eventually she will break and explode, verbally and physically (by throwing things for example)

\_\_\_At some point she will find an outlet for her suppressed emotions

**Natrum muriaticum**

Physical:

\_\_\_Tendency to hold in water, hold onto old hurts, stay in the grief

\_\_\_Craves salt

\_\_\_Clumsy, awkward, certain gawkiness in his build, movement and gestures

\_\_\_Clothes can be slightly off - not in date, not matching quite right

Emotional:

\_\_\_Grief can be around them or sometimes they continually put themselves in situations where emotional injury can occur

\_\_\_Even feel a level of grief at the beauty of nature

\_\_\_Serious nature, not jolly

\_\_\_Romantic love - drawn to it, tormented by it, unhappy from it

Behavior:

\_\_\_Often continue to blame parents for some wrongdoing

\_\_\_Will use laughter as a sort of medicine - may laugh out of place; when retelling sad events

\_\_\_May try to present a cheery front, but can’t sustain it. Does not cry easily though, tries to hide tears

\_\_\_Find it difficult to look into another’s eyes when speaking to them - so will shift gaze about

\_\_\_Do not want to change from their state

\_\_\_Like to reform people and impart information - natural teachers

\_\_\_Feels he has failed in life - weary and disappointed

**Nux vomica**

Physical:

\_\_\_ Is very chilly

\_\_\_Sensitive or nervous stomach

\_\_\_High strung so has difficulty sleeping

\_\_\_Works a lot, and often takes on too much, competitive, goes from strength to strength

Emotional

\_\_\_Addiction prone personality, alcoholics

\_\_\_Oversensitive to outside stimulus (noise, smells)

\_\_\_ Person can be well-balanced and emotionally self-contained, while still being tense and high-strung.

\_\_\_Hot-tempered, prickly, can be sullen and morose

\_\_\_Impatient

Behavior:

\_\_\_Likes neatness, efficiency and order, meticulous to the point of obsession

\_\_\_Often a blend of the sweet with unpredictable outbursts

\_\_\_ Competent, far-seeing, focussed energies, does not talk himself up, can be authoritarian

\_\_\_ Enjoys making decisions and loves to assume responsibility

\_\_\_Can also listen well to orders from above

\_\_\_\_Good strategist and tactician