



# VIVICA SCHWARTZ YOGA + AYURVEDA

## Your "Dosha" Assessment

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

Date: \_\_\_\_\_ Age: \_\_\_\_\_ M/F

Contact: \_\_\_\_\_

This mind-body questionnaire gathers information about your basic nature – the way you were as a child or the basic patterns that have been true most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness.

### Instructions: Please read carefully!

Rank each characteristic with either 5, 3, or 1. For each row, use each number one time, each row should add up to 9. 5 = Most accurately represents me; 3 = Secondly represents me; 1 = Rarely represents me

**Example:** VATA  PITTA  KAPHA  = 9 total

Characteristics	VATA	PITTA	KAPHA
Frame	<input type="checkbox"/> I am thin, lanky and slender with prominent joints and thin muscles.	<input type="checkbox"/> I have a medium, symmetrical build with good muscle development.	<input type="checkbox"/> I have a large, round or stocky build. My frame is broad, stout or thick.
Weight	<input type="checkbox"/> LOW; I may forget to eat or have a tendency to lose weight.	<input type="checkbox"/> MODERATE; it is easy for me to gain or lose weight if I put my mind to it.	<input type="checkbox"/> HEAVY; I gain weight easily and have difficulty losing it.
Eyes	<input type="checkbox"/> My eyes are small and active.	<input type="checkbox"/> I have a penetrating gaze.	<input type="checkbox"/> I have large pleasant eyes.
Complexion	<input type="checkbox"/> My skin is dry, rough or thin.	<input type="checkbox"/> My skin is warm, reddish in color and prone to irritation.	<input type="checkbox"/> My skin is thick, moist and smooth.
Hair	<input type="checkbox"/> My hair is dry, brittle or frizzy.	<input type="checkbox"/> My hair is fine with a tendency towards early thinning or graying.	<input type="checkbox"/> I have abundant, thick and oily hair.
Joints	<input type="checkbox"/> My joints are thin and prominent and have a tendency to crack.	<input type="checkbox"/> My joints are loose and flexible.	<input type="checkbox"/> My joints are large, well knit and padded.
Sleep Pattern	<input type="checkbox"/> I am a light sleeper with a tendency to awaken easily.	<input type="checkbox"/> I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	<input type="checkbox"/> My sleep is deep and long. I tend to awaken slowly in the morning.
Body Temperature	<input type="checkbox"/> My hands and feet are usually cold and I prefer warm environments.	<input type="checkbox"/> I am usually warm, regardless of the season, and prefer cooler environments.	<input type="checkbox"/> I am adaptable to most temperatures but do not like cold, wet days.
Temperament	<input type="checkbox"/> I am lively and enthusiastic by nature. I like to change.	<input type="checkbox"/> I am purposeful and intense. I like to convince.	<input type="checkbox"/> I am easy going and accepting. I like to support.
Under Stress...	<input type="checkbox"/> I become anxious and/or worried.	<input type="checkbox"/> I become irritable and/or aggressive.	<input type="checkbox"/> I become withdrawn and/or reclusive.
TOTAL <input type="text" value="90"/>	<input type="text"/> VATA TOTAL	<input type="text"/> PITTA TOTAL	<input type="text"/> KAPHA TOTAL



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Your "Dosha" Assessment

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

Circle the most accurate level: 1, 3, or 5, for each statement.

**MIND – VATA**

	<i>not at all</i>	<i>somewhat/occasionally</i>	<i>very often</i>
1. I've been having difficulty with mental clarity or the ability to focus my attention.	1	3	5
2. I've been feeling overwhelmed, worried, or anxious.	1	3	5
3. My life has been turbulent and chaotic.	1	3	5
4. I've been starting new projects, but have difficulty completing them.	1	3	5
5. I've been having difficulty falling asleep or have been awakening easily.	1	3	5
6. I've been having a hard time making decisions.	1	3	5
7. I've been having trouble following through on commitments I've made.	1	3	5
8. I've been feeling restless if I'm not constantly on the move.	1	3	5
9. I've been acting impulsively or inconsistently.	1	3	5
10. I've been more forgetful than usual.	1	3	5

**MIND – PITTA**

1. I've been feeling discontented with my life.	1	3	5
2. I've been judgmental and critical of others.	1	3	5
3. I've been feeling jealous of others.	1	3	5
4. I've been expressing anger towards others easily.	1	3	5
5. I've been feeling irritable or impatient.	1	3	5
6. I've been compulsive, with difficulty stopping once I've started a project.	1	3	5
7. I've been strongly opinionated, freely sharing my point of view without being asked.	1	3	5
8. I've been frustrated by other people.	1	3	5
9. I've been feeling the need to out-compete others.	1	3	5
10. I've been ruminating over situations from the past.	1	3	5



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Circle the most accurate level: 1, 3, or 5, for each statement.

### MIND – KAPHA

	<i>not at all</i>	<i>somewhat/occasionally</i>	<i>very often</i>
1. I've been dealing with conflict by withdrawing.	1	3	5
2. I've been accumulating clutter in my life.	1	3	5
3. I've been resistant to changing my routine.	1	3	5
4. I've been having difficulty leaving a relationship, job, or situation even though it is no longer nourishing me.	1	3	5
5. My short-term memory has been of concern to me.	1	3	5
6. I've been intending to be more physically active, but have difficulty exercising regularly.	1	3	5
7. I've been eating more out of my emotional rather than nutritional needs.	1	3	5
8. I've been having difficulty getting going in the morning.	1	3	5
9. I have not been confident in my ability to cope with challenges.	1	3	5
10. I've been having a hard time moving beyond the past.	1	3	5

### Totals

VATA Mind score: \_\_\_\_\_

PITTA Mind score: \_\_\_\_\_

KAPHA Mind score: \_\_\_\_\_