

Objectives of the following questionnaire

In any given situation in daily life, people react differently depending upon the way they use their five senses.

For each situation, we have selected the typical answer or reaction of the five sense behavior type.

No one is only one type because we all have five physical senses but we do not animate them the same way in every situation.

If we do not use one sense very often, it will show in our behavior and it may, with time, reflect on our physical health.

The guidelines provided in the preceding charts help us to check the relationship between behavior, organs and health issues.

It may take time for an organ to manifest when not driven correctly. Our behavior reflects an unbalanced organ-meridian and an unbalanced organ-meridian will provoke a typical negative behavior: chicken and egg story...

It is a life long work to learn how to regenerate new good cells and to behave appropriately.

We will give many efficient tips on how to help improve our communication skills.

We have also listed all major life events which disturb one specific sense.

This work will be very fruitful if we read it with clarity and without judgement.

Please bear in mind that there is no reason to cast blame for a behavioral pattern.

Thank You and now enjoy this reading time.

What is your dress code?



1 - Sportswear; appropriate garments depending on the situation.

2 - Discreet.

3 - Fashion; sexy; without any gender expression; uniforms; headscarf.

4 - Casual; charming.

5 - You don't care; you go from one extreme to another.

Which kind of house did you grow up in?



1 - Very modern and electronically equipped.

2 - Sophisticated alarm system and locks, oriented towards safety and security.

3 - Prestigious address; complete ecological house.

4 - Cosy, comfortable, with garden, fireplace, pets.

5- Very large house; very messy; a modest house that fits exactly your needs.

Which season do you dislike?

1 - End of summer
(Starting August 15th)



2 - Winter



3 - Fall



4 - Summer



5 - Spring



Which kind of music do you prefer?



1 - Rock music.

2 - African rhythm based music.

3 - Opera singers; Symphonic orchestra; Vienna waltzes;

4 - Broadway musicals; country music; folk music; mellow music; Jazz.

5 - Electronic music; new age metaphysical kind of music; techno.

Which style of dance expresses you?



1 - Rock and roll; salsa; latin dancing; energetic dances; square dancing

2 - Free form; swing dancing; step irish dancing; belly dancing.

3 - Ballroom dancing; country line dancing.

4 - Slow; tango; romantic dances.

5 - When the musics moves you; heavy metal; acid rock; rave.

Which kind of hat would your friends wear?

1 - Serviceable.



2 - Double protection.



3 - Fashionable.



4 - Charming and attractive.



5- Too much (helmet); nothing.



When introduced what kind of handshake do you prefer?



1 - Straightforward receptive handshake.

2 - Calm and open hand, deep connection.

3 - Respectful, honorable, proper handshake.

4 - Loving, warm, responsive, amenable handshake.

5- Serene, gentle, present handshake.

**When introduced
what kind of
handshake
would disturb
you the most?**



1 – Controlling handshake, too vigorous.

2 – Reticent, reluctant, withdrawing from the handshake leaving only the fingertips being grasped, perspiring hand, shaky hand.

3 – Too Formal handshake, rigid hand, expressionless handshake.

4 – Affective, fusional, caressing handshake.

5 – Tense, brutal, jerky, crushing handshake.

Which kind of car do you or do your friends have?

1 - Speed car with GPS and electronic devices.



2 - Economical and safe.



3 - Prestigious; hybrid/ecological.



4 - Family car; mini-van.



5- SUV



Which kind of hug do you prefer?



1 - Full frontal hug.

2 - Appropriate and joyful hug.

3 - Courteous hug.

4 - Loving, magnetic hug.

5- Total sensory hug.

**Which kind of hug
is most disturbing
for you?**



1 - Smothering hug.

2 - Shallow, retreating hug.

3 - Overly mechanical or ostentatious hug.

4 - Cocooning hug.

5- Sensory Assault hug.

Which kind of physical activities or sports do you prefer?



1 - Tennis, squash, soccer, aerobics, formal structured sports.



2 - Swimming, water sports, informal unstructured sports.



3 - Bodybuilding.



4 - French indoor sports...



5- Racquet ball, American football, rugby, aggressive sports.



When you lose your temper, why would you consider others at fault??



1 – Because you feel they are taking your power away.

2 – Because you feel you are losing control of the situation.

3 – Because you don't like their attitude regarding yourself or others.

4 – Because you feel they should be more helpful, considerate and loving.

5 – Because you feel the world should change (however, "starting with you today" is not an option).

When facing personal stress what do you feel?



1 – You feel you have no taste for anything.

2 – You feel like staying away from anyone, just be by yourself.

3 – You are losing your own self esteem and you can't assess your own value.

4 – You can't make a plan, you feel like a victim, you are lacking love, you have no project.

5 – You blame the whole world and feel life is not worth it.



Which behavior do you have when you go dancing in a night club?



1 - You dance as long as there is good rhythmic music and that you have a good reason to dance (need to exercise or to be with friends).



2 - You stay in the background... all night and nobody notices you.



3 - You dance only if you know the dance very well and when people can watch you.



4 - You stay at the bar, drinking and chatting up.



5 - You don't care whether you dance or not, neither if you have a good style or not. What matters is that you enjoy being there, speaking loudly, drinking a lot and dancing wildly until late in the morning.



How do you deal with money?



1 - You enjoy buying things.

2 - You save more than spend.

3 - You spend for your image extravagantly to support your image.

4 - You are always buying things for others.

5 - You never have enough money, you always want more.

What would be the worse reason for giving a present?



1 - To show that you have the control of the situation through your purchasing power.

2 - To be remembered by the person to whom you are offering the present.

3 - To offer a present as a bribe (expecting a specific change in this person's behavior).

4 - You give the present you would have like to receive yourself in this situation.

5 - You offer a present too big and with too much publicity around it or you offer no present at all.

What personal pronoun do you use more often when speaking: I, You, He/She, It, We, They?



1 - "I". When speaking or writing, you always starts with "I".



2 - "They" or "It". It looks like you never involve yourself directly in the conversation or in a letter. You have a tendency to globalize things and to either associate yourself or reject people as a group so that you are not on the spot.



3 - "He/She". You have a very specific (sometimes pre-conceived and judgmental) idea about anyone and you are either very strong on the gender or confused about it.



4 - "We". As you are very affectionate with people, you have a tendency to express a co-dependent point of view instead of the very true personal yours.



5- "You". You give orders. You tell anyone what to do. You feel you are strong enough or right enough to tell anyone's truth. You set up yourself for strong reactions back.



How do you receive a present that you like and is appropriate?



1 - You may "thank you" and you will not forget to send a present of the same value in return.

2 - You will express your happiness.

3 - You will acknowledge respectfully and honorably.

4 - You are very touched and you want to return the favor so that the recipient will get the same emotion.

5 - You receive the present with excessive exuberance and fuss.

How do you receive a present that you don't like and is not appropriate?



1 - You say "thank you" but you express that you have no use for it.

2 - You say "thank you" and you will keep it forever in your house.

3 - You say insincerely "thank you so much" and you will throw the present away immediately. You may make fun of it to other people.

4 - You say "thank you" and accept the gift in an effort to protect the feelings of the person. You will donate it to a charity or to someone else.

5 - you forget to say "thank you" and ask the person: "what must you think of me to buy such a present?"

Which would you find most upsetting in casual communication with your family, friends or during social events?



1 - They always want to be right.



2 - They listen without speaking or they speak a lot and quickly without listening.



3 - They always aware of the latest news and gossip.



4 - They share too easily their personal secrets.



5- They talk loudly and have no respect for the space of others.



If you discover you are facing a major health challenge, what would you do?



1 - You would immediately see the most expensive Medical Doctor available. You are in favor of the allopathic route.

2 - You would research for as much information about your health conditions as possible in order to heal yourself without medication. You are in favor of the homeopathic route.

3 - You would see the most well known medical and/or alternative expert in this field, with the highest credentials.

4 - You will go and see your family physician or the health practitioner you already know.

5 - You will go and see many medical doctors to have different opinions.

Where do you usually meet your good friends?



1 – They are involved in the same business or the same sports activity.

2 – You knew them a long time before becoming personal friends.

3 – They belong to the same club, church, clan, group of any kind.

4 – You met them during a summer vacation or they have been introduced to you by good friends or family members.

5 – You met them anywhere and you had the initiative of the contact.

When facing a stressful situation, what would the people around you choose to relieve their stress and? Which kind of addictions may apply to them ?

1 - Would they exercise to physical excess, or gradually becoming workaholic.



2 - Would they play the music so loud to avoid hearing what is happening and deaden their sense of hearing. Would they go the sauna? Would they crave sugar? Would they? Take too much medication or have too many therapies so that they became addicted?



3 - Would they buy lottery tickets to escape reality by unrealistic dreams or would they smoke pot? Would they retreat to a quiet space or to meditate extensively? Would they take drugs or gamble to excess and become addicted?



4 - Would they have a drinking or eating disorder with a risk of becoming addicted? Would they have a linking behavior with anyone up to becoming codependent? Would they have a tendency to engage in extra sexual activity?



5 - Would they take anti-depressants, pain killers or go shopping excessively? Up to the point of becoming addicted? Would they be addicted to sex with no limits and no respect for both parties? Would they crave for massage treatment or special attention?



Why are people around you using nick names or other names when they talk to a friend?



1 - They use nick names as a descriptive label for the person's job or activities.

2 - Just because everyone is using that nick name.

3 - To make this person feel unique in front of others.

4 - To show affection to that person and to engage with an emotional link to them.

5 - To clearly define the limits of their relationship with them.

When you write a document which pronoun are you most commonly using?

1- Relative pronouns such as : who, that, which, whom, whomsoever, whoever...

2- Indefinite pronoun such as "one" (someone as a subject) e.g. "one must..."

3 - Demonstrative pronouns such as : this, that, these, those.

4 - Personal pronouns such as: I, You, He, She, We, They

5 - Possessive pronouns such as my, mine, my own.

What is your main criteria when it comes to choosing a restaurant?

1 – Best value for money



2 – Hygienic food, no risk of food poisoning



3 – High class or organic



4 – Best ambiance or romantic



5 – Quantity, buffet



If a break in your relationship is decided by your partner unexpectedly

(such as in a divorce with a physical and emotional separation), how would you feel?



1 - Abused

2 - Abandoned

3 - Betrayed

4 - Insulted

5 - Destroyed

Where did you first meet your new friends?

1 - In a public place

2 - At a mutual friend's home

3 - At a private club

4 - At a party

5 - At a social event

Which choice describes your best friend's marriages?



1 - A sensible decision, a logical choice, addition of assets (trophy wife or husband)



2 - The fear of being alone



3 - The search for an ideal partner, a spiritual connection



4 - Cocooning and nesting



5 - Las Vegas syndrome (instant and intense decision marriage)



Why would you lie to someone in your family or in business?

1 - In a sales or management situation, you consider that you have to say things (with which you don't agree or know to be false) in order to get what you want.

2 - You prefer to lie in order to avoid facing a strong reaction from that person.

3 - You lie to maintain your image.

4 - You lie to protect somebody from emotional disappointment. You lie to please or to cheer somebody up .

5 - You lie easily, it is not a problem, it is second nature. You lie to have revenge. It is fun to manipulate people.

How do you have your house or family house garden clean up?



1 - You pay to have the job one by professionals to save time (your time is worth more money).

2 - You have somebody do it for you. You will be there to make sure everything is done correctly (you don't like to give your house keys to people you don't know) or you will control as soon as you come back home.

3 - You want the job done absolutely perfectly. You are very picky about it. You have your own ideas about the right timing and the right way to do things. You will clean up the place meticulously at the end of the work.

4 - You will choose someone you know to do the job or you will involve your family or neighbours to do the job with you.

5 - You want the job to be done fast. You really don't pay attention to the noises and other problems you may cause to your environment. You leave the leaves on the street or in front of your neighbors doors with no guilty feelings.

If you were hit or slapped in the face for no reason by a stranger on the street, what would be your reaction?



1 - You would call your strongest friends to join you, find the guy and beat him up.



2 - You would go back home and close all the doors and windows. You decide it is too dangerous for you to walk alone in the street anymore.



3 - You would take steps to legally prosecute this person. You would claim that this person should be sentenced by a court and be sent to jail.



4 - You would be extremely affected by this event and feel like you are a victim. This kind of event only ever happens to you.



5- You would lose your temper completely. You explode or implode but cannot achieve anything constructive.



How did your mother make you eat your food when you were a baby?



1 - She tried to make you understand why it was necessary to eat this food. She described each ingredient and told you why she had decided to put them in.



2 - The way to make you eat was to be threatened about your father coming to spank you if you did not finish your food.



3 - She was trying to make you eat by telling you that this was the way to be as big as your father.



4 - If you did not want to eat any more, you should eat to please mummy, daddy, the dog, etc.... whoever.



5 - No matter what you did, you could not leave the table without having eaten all your food.

