



QUESTIONNAIRE (for Stress and Limbic Brain Related Pain and Illness)

This questionnaire can be a valuable diagnostic aid for determining the stress and brain related causes of pain and illness. From this perspective pain and illness can be viewed as resulting from errant neural and glandular programming that is in need of an update. Dr. Templin's Limbic Brain Reprogramming via Self-Regulation Training and Acupuncture is a proven reprogramming approach.

Please circle your responses and total your points below:

1. Have you noticed a relationship between your pain and your emotional state/stress level just prior to the onset of pain?

Definitely 2

At times 1

Not really 0

2. Would you describe yourself in general as: very hard on yourself, highly responsible for others, very thorough, orderly or perfectionistic?

Definitely 2

I've noticed some of these characteristics 1

Not really 0

3. Have you suffered from other tension-related illnesses such as: • hives, eczema, rashes brought on by tension • spastic colon, irritable bowel, gastritis, reflux/heartburn • tension or migraine headaches • unexplained prostate trouble or pelvic pain • TMJ, teeth grinding, plantar warts

Definitely, two or more categories 2

Yes, at least one 1

No 0

4. Have you been told regarding the cause of your pain that "there's nothing that can be done surgically," "there's nothing wrong", "it's a soft issue problem" or "the cause is degenerative changes"?

Yes 1

No 0

5. Do you spend a fair amount of time during the day thinking and worrying about your pain, researching an answer, obsessing about its cause?

Yes 1

No 0

6. Have you tried several different treatments or approaches for your pain and received only temporary or limited relief from each of them?

Yes 1

No 0



7. Do you find that massage helps your pain significantly or that you are quite sensitive to massage in several parts of your back or neck?

Yes 1

No 0

Total Points: _____

Key to total points:

Highly probable for TMS 7-10 points

Possibly TMS 4-6 points

Probably not TMS 0-3 points

Additional Questions (don't score these):

8. Does the pain ever move to another location in your body or jump around? _____ yes _____ no

9. Have you noticed the pain improve when you have another tension-related illness? _____ yes _____ no

10. Has the pain significantly changed or gone away while on vacation, away from home, or while distracted?
_____ yes _____ no