#

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# **PATIENT**

|  |  |
| --- | --- |
| Surname and first name |  |
| Date of birth |  |
| Place of birth |  |
| Sex |  |
| Address |  |
| Home phone |  |
| Cell phone |  |
| Email |  |
| Facebook  |  |
| Profession |  |
| Weight and height |  |
| Marital status |  |
| Number of children |  |
| How much budget can you invest each month in your health? This question is to adapt your work according to your possibilities. |  |

CHILDHOOD WOUNDS

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| I:  |

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|  |  | I appreciate the help that comes in the present moment.  |
|  |  | I seek perfection at all costs |
|  |  | I seek to be interesting - to make myself loved - to accept  |
|  |  | Believes you do not have the right to exist  |
|  |  | Believing myself misunderstood (a) - null (a) or worthless  |
|  |  | Difficulty incorporating the great self  |
|  |  | I find different means to flee *(astral - sugar - sleep - drugs - alcohol ...)*  |
|  |  | Lack of self-love  |
|  |  | Lack of love and self-esteem for yourself  |
|  |  | Lack of self-affirmation  |
|  |  | Lack of self-esteem  |
|  |  | Lack of physical - psycho-emotional and spiritual well-being  |
|  |  | Lack of awareness of spiritual reality  |
|  |  | Lack of spiritual awareness  |
|  |  | Lack of connection in the present  |
|  |  | Lack of contact with creative power  |
|  |  | Lack of creativity  |
|  |  | Lack of spirituality  |
|  |  | Lack of expression vital energy - creative potential  |
|  |  | Lack of creative faculties  |
|  |  | Lack of instinct  |
|  |  | Lack of valorization  |
|  |  | Inability to recognize your true value  |
|  |  | I treat myself as null or useless  |
|  |  | My parents did not accept me as I was |
|  |  | Need to assert myself or impose myself or say *"no"* |
|  |  | I don't believe in my right to exist  |
|  |  | I don't listen to my needs  |
|  |  | I don't love myself for who I am  |
|  |  | I don't get stuck in the here and now  |
|  |  | I don't feel welcomed – accepted  |
|  |  | I don't want to see anyone, even the people who love me. |
|  |  | I don't feel my needs |
|  |  | I don't take the site with the responsibilities that this entails.  |
|  |  | I don't see my qualities, talents, capabilities - what I do well  |
|  |  | I want to be joyful to be alive  |
|  |  | I feel that I do not belong to this world |
|  |  | I feel like everyone rejects me |
|  |  | I am reserved (a) |
|  |  | Tendency to affective - repressive addiction  |
|  |  | Tendency to isolate myself  |
|  |  | Tendency to allergies *(food and hay fever)*  |
|  |  | Tendency to insect allergies  |
|  |  | Tendency to internal inferiority complex  |
|  |  | Tendency to external superiority complex  |
|  |  | Tendency to let my inner child live  |
|  |  | Tendency to diarrhea  |
|  |  | Tendency to hide  |
|  |  | Tendency to flee |
|  |  | Tendency to flee from an uncomfortable situation that demands reaffirmation - take sides  |
|  |  | Tendency to join the conversation of others |
|  |  | Tendency to easily go to the astral  |
|  |  | Tendency to anorexia  |
|  |  | Tendency to arrhythmia  |
|  |  | Tendency to the ability to make myself invisible  |
|  |  | Tendency to devaluation  |
|  |  | Tendency to diabetes  |
|  |  | Tendency to hypoglycemia  |
|  |  | Tendency to creative imagination  |
|  |  | Tendency to psychosis  |
|  |  | Tendency to resist new situations  |
|  |  | Tendency to resistance to change  |
|  |  | Tendency to resist to see all angles of a situation I live in  |
|  |  | Tendency to psychological resistance  |
|  |  | Tendency to not recognize my value  |
|  |  | Tendency to pass wonderful things aside - from phases of great love to phases of deep hatred  |
|  |  | Tendency to wonder what I do on this planet  |
|  |  | Tendency to search for solitude  |
|  |  | Tendency to reject aspects of life  |
|  |  | Tendency to brutally reject the unknown  |
|  |  | Tendency to reject advice - solutions  |
|  |  | Tendency to reject daily  |
|  |  | Tendency to reject pleasure  |
|  |  | Tendency to reject lung-stomach phlegm  |
|  |  | Tendency to unconsciously reject my body  |
|  |  | Tendency to reject spirituality  |
|  |  | Tendency to reject material problems  |
|  |  | Tendency to reject everything that is material  |
|  |  | Tendency to reject a new idea |
|  |  | Tendency to be indifferent to the material  |
|  |  | Tendency to be rejected (a) otherwise  |
|  |  | Tendency to suicidal depression  |
|  |  | Tendency to fear rejection  |
|  |  | Tendency to panic fear  |
|  |  | Tendency to perfectionism  |
|  |  | Tendency to vomit  |
|  |  | Trend of cigarette addiction  |
|  |  | Tendency to addiction to drugs or medications |
|  |  | Trend of addiction to games - movies - television - video games |
|  |  | Tendency of anxiety addiction  |
|  |  | Tendency of sugar addiction  |
|  |  | Tendency of food addiction  |
|  |  | Tendency of alcohol addiction  |
|  |  | Coffee addiction trend  |
|  |  | Tendency of addiction to withdrawal  |
|  |  | Trend of sex addiction  |
|  |  | Trend of workaholism  |
|  |  | Addiction trend in general  |
|  |  | I'm afraid to assert myself or impose myself or say *"no"* |
|  |  | I have skin and breathing problems |

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| II:  |

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|  |  | Despite being in a relationship, you feel like you never get the love you need from your partner. |
|  |  | I attract trouble getting the attention of others |
|  |  | I consider that I am not loved |
|  |  | I believe that the cause of my inner sadness and loneliness depends on the other. |
|  |  | When I have to make a decision I ask for advice |
|  |  | When a relationship becomes intense, I do everything to end it. |
|  |  | In my vocabulary I use the expression a lot: I *can't stand it* |
|  |  | Lack of affection |
|  |  | Lack of love for life  |
|  |  | Lack of spiritual strength |
|  |  | Lack of interest in sexuality  |
|  |  | Lack of perseverance  |
|  |  | Lack of wisdom  |
|  |  | Lack of physical tonicity |
|  |  | Lack of muscle tone |
|  |  | Lack of courage  |
|  |  | Unwillingness  |
|  |  | I do my best so that the other does not leave my side |
|  |  | It is difficult for me to leave if for example I am having a good time with friends, I want to prolong the moment as much as possible |
|  |  | I'm very afraid of being left alone or alone |
|  |  | I lack tenacity  |
|  |  | I feel lonely (a) |
|  |  | I need help to sustain myself |
|  |  | I do not accept the negative  |
|  |  | I don't appreciate the outside world  |
|  |  | I don't let my inner child live  |
|  |  | I don't enjoy life |
|  |  | I don't pay attention to what I need  |
|  |  | I don't like to do activities or a job alone, I need someone to support me |
|  |  | I don't like life  |
|  |  | I can't embrace life  |
|  |  | I don't have autonomy/independence  |
|  |  | I have no physical well-being - psycho-emotional and spiritual  |
|  |  | I have no interest in caring for others or myself. |
|  |  | I don't have the ability to listen  |
|  |  | I don't see the beauty of life  |
|  |  | I think I can't do anything alone, I need someone who can sustain |
|  |  | I'd rather endure in difficult relationships than put an end to them |
|  |  | I prefer to think that everything is going well so as not to be abandoned |
|  |  | I want to save the people I love if they have difficulties |
|  |  | If I do something for someone it is to receive affection |
|  |  | I feel like the other doesn't love me enough |
|  |  | Inner solitude |
|  |  | I am joyful one moment then sad the next moment  |
|  |  | I am dependent  |
|  |  | I'm skinny |
|  |  | Tendency to abandon myself or the other – or the projects that interest me a lot  |
|  |  | Tendency to attract pity - attention  |
|  |  | Tendency to create dramas, to dramatize everything |
|  |  | Tendency to crisis of hysteria  |
|  |  | Tendency to start many projects and abandon them along the way  |
|  |  | Tendency to do emotional blackmail to get what I want |
|  |  | Tendency to do or decide something alone (a) |
|  |  | Tendency to make my body suffer  |
|  |  | Tendency to do everything I can to keep others on the lookout for me  |
|  |  | Tendency to sex addiction  |
|  |  | Tendency to agoraphobia  |
|  |  | Tendency to bronchitis |
|  |  | Tendency to bulimia  |
|  |  | Tendency to emotional dependence |
|  |  | Tendency to depression  |
|  |  | Tendency to diabetes  |
|  |  | Tendency to hypoglycemia  |
|  |  | Tendency to myopia  |
|  |  | Tendency to sadness  |
|  |  | Tendency to repressed sadness coming from my childhood  |
|  |  | Tendency to addictions |
|  |  | Tendency to cry easily especially talking about my problems and the tests I have to overcome in life |
|  |  | Tendency not to walk straight |
|  |  | Tendency not to take care of myself  |
|  |  | Tendency to not fulfill my projects  |
|  |  | Tendency to not bear to be rejected (a) |
|  |  | Tendency to ask for advice, but I don't follow them  |
|  |  | Tendency to ask a lot of each other  |
|  |  | Tendency to sabotage my happiness |
|  |  | Tendency to feel motivated only if I feel supported and sustained |
|  |  | Tendency to feel lonely |
|  |  | Tendency to be very hot with others |
|  |  | Tendency to be a victim  |
|  |  | Tendency to have fragile adrenal glands  |
|  |  | Tendency to have a bad back  |
|  |  | Tendency to have suicidal thoughts |
|  |  | Tendency to asthma |
|  |  | Tendency to bronchial asthma  |
|  |  | Tendency to headache  |
|  |  | Tendency to frontal headache due to mental congestion  |
|  |  | Tendency to occipital headache  |
|  |  | Tendency to acuss people or even God to leave me, when I have a problem |
|  |  | I have the need for presence - of attention - of support and especially of support of the other  |
|  |  | I have weak legs |
|  |  | I'm afraid of madness |
|  |  | I am afraid of death |
|  |  | I'm afraid of loneliness  |
|  |  | I'm afraid of the authorities |
|  |  | I'm afraid of emotions |
|  |  | I'm afraid of being abandoned  |
|  |  | I had parents absent emotionally or physically |
|  |  | A part of my body has sagging or falls: *breasts, belly, buttocks, scrotum in man* |
|  |  | Interior vacuum |
|  |  | I see obstacles getting in the way of the realization of my projects |

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| III:  |

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|  |  | I cancel my needs |
|  |  | I know my needs, but I don't listen to them  |
|  |  | It's very rare that I'm recognized for everything I do. |
|  |  | Lack of joy  |
|  |  | Lack of altruism  |
|  |  | Lack of unconditional love  |
|  |  | Lack of benevolence  |
|  |  | Lack of compassion  |
|  |  | Lack of communication  |
|  |  | Lack of conciliation  |
|  |  | Lack of sweetness  |
|  |  | Lack of enthusiasm  |
|  |  | Lack of generosity  |
|  |  | Lack of freedom  |
|  |  | Lack of respect for the needs and freedom of others  |
|  |  | Lack of sensitivity  |
|  |  | Lack of sensuality  |
|  |  | I do things to hurt myself or to punish myself before others do. |
|  |  | I do a lot of things, but I do everything too *much: too much (or) food, work, drink, spend, talk, help...* |
|  |  | The guilt and shame I drag prevent me from accepting and taking care of myself. |
|  |  | I focus on the needs of others |
|  |  | I create situations in my day to day that force me to do things that do not correspond to my needs |
|  |  | I have a hard time receiving  |
|  |  | I'm embarrassed to get naked in the light of day, with a new partner |
|  |  | I take care of many things |
|  |  | I take care of others more than I do about myself |
|  |  | I feel devalued |
|  |  | My body is thick and swollen |
|  |  | My body has excess fat |
|  |  | My parents ridiculed me and were ashamed of me in my childhood. |
|  |  | I don't enjoy life  |
|  |  | I don't listen to my sexual needs  |
|  |  | I don't want to go fast  |
|  |  | I don't fully live life  |
|  |  | Pancreas problem such as diabetes and hypoglycemia |
|  |  | Erection and premature ejaculation problems |
|  |  | Leg and foot problems such as varicose veins, fractures, sprain |
|  |  | I want to be accountable to no one, not to be controlled by anyone, to do what I want when I want |
|  |  | I feel my mother as a weight |
|  |  | I feel like I have a lot of blocked energy in my body |
|  |  | I feel satisfaction and pleasure in suffering |
|  |  | I am hypersensitive |
|  |  | Tendency to accuse me or accuse the other of not taking good care of the family  |
|  |  | Tendency to accuse or humiliate me  |
|  |  | Tendency to look for excuses and explanations |
|  |  | Tendency to seek to be considered (a) |
|  |  | Tendency to carry the blame for everything and burden myself with the guilt of others |
|  |  | Tendency to punish myself believing that I punish the other  |
|  |  | Tendency to compare myself to others  |
|  |  | Tendency to compensate me with food  |
|  |  | Tendency to believe myself unworthy of receiving compliments  |
|  |  | Tendency to believe myself heartless or inferior in relation to the other  |
|  |  | Tendency to believe myself dirty (a) |
|  |  | Tendency to sprain  |
|  |  | Tendency to fractures  |
|  |  | Tendency to merge  |
|  |  | Tendency to make my body suffer  |
|  |  | Tendency to do everything not to be free  |
|  |  | Tendency to make myself indispensable |
|  |  | Tendency to play the role of mother  |
|  |  | Tendency to angina  |
|  |  | Tendency to bulimia  |
|  |  | Tendency to itch  |
|  |  | Tendency to diabetes  |
|  |  | Tendency to hypoglycemia  |
|  |  | Tendency to laryngitis  |
|  |  | Tendency to obsessive worry  |
|  |  | Tendency to deep and unmotivated concern  |
|  |  | Tendency to shame  |
|  |  | Tendency to vergüenza at the sexual level  |
|  |  | Tendency to varicose veins  |
|  |  | Tendency to worry |
|  |  | Tendency to worry about the future  |
|  |  | Tendency to worry about sexuality  |
|  |  | Tendency to worry about things  |
|  |  | Tendency to disgust myself  |
|  |  | Tendency to ridicule myself or others |
|  |  | Tendency to be the slave of the house |
|  |  | Tendency to masochism  |
|  |  | Tendency to servility  |
|  |  | I have a load on my back  |
|  |  | I'm afraid of being ashamed of the people next to me or myself. |
|  |  | I am afraid of freedom  |
|  |  | I am afraid of not knowing how to manage freedom and I do everything not to be free |
|  |  | I'm afraid of losing dominance  |
|  |  | I'm afraid of being embarrassed when the other looks at me |
|  |  | I'm really afraid of being caught when I masturbate. |
|  |  | I am very afraid of living without limits |
|  |  | I have cardiovascular problems |
|  |  | I have frozen shoulder problems |
|  |  | I have problems with heavy piernas  |
|  |  | I have hot foot problems |
|  |  | I have back problems |
|  |  | I have throat problems  |
|  |  | I have thyroid problems |
|  |  | I have liver problems |
|  |  | I have breathing problems  |
|  |  | I have chronic breathing problems  |
|  |  | I have tensions in my neck, throat, jaws, and pelvis |
|  |  | I live or have lived shameful situations in the family environment that should remain secret, such as the suicide of a relative, homosexuality, diseases etc. |

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| IV:  |

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|  |  | I look for loving relationships where the other is not free to commit |
|  |  | I want to control everything |
|  |  | Lack of unconditional love  |
|  |  | Lack of authenticity in everything  |
|  |  | Lack of trust from others  |
|  |  | Lack of confidence in life  |
|  |  | Lack of trust in others  |
|  |  | Lack of faith  |
|  |  | Lack of fidelity  |
|  |  | Lack of candor  |
|  |  | Lack of generosity  |
|  |  | Lack of indulgence  |
|  |  | Lack of integrity  |
|  |  | Lack of patience with slow people  |
|  |  | Lack of simplicity  |
|  |  | Lack of sociability  |
|  |  | Lack of tolerance  |
|  |  | I do everything not to put myself in a situation of confrontation |
|  |  | I do everything I can to be a responsible, strong, special and important person |
|  |  | I do everything by myself  |
|  |  | There has been a breaking of a promise |
|  |  | I get upset when someone takes a long time to explain something or understand something. |
|  |  | He trusted me hardly  |
|  |  | I quickly create an opinion about people or a situation |
|  |  | I have a hard time explaining to someone how to do something in the event that the other person is slow to learn |
|  |  | I'm afraid my relationships will lie to me |
|  |  | I loved falling in love and especially enjoying the passionate phase of the relationship |
|  |  | I like to direct others |
|  |  | I like to always have the last word |
|  |  | I take great care of the things of others, I think of the duty to help them organize their lives |
|  |  | I feel insulted if someone goes about my business without my permission |
|  |  | My mind is very active |
|  |  | My Parents Didn't Deliver what They Promised Me |
|  |  | Many times, my sex life is unsatisfying |
|  |  | I don't accept others as they are  |
|  |  | I don't trust easily  |
|  |  | I do not like not knowing how to answer a question, so I like to know different arguments |
|  |  | I do not like to have debts and if I do I want to pay them as soon as possible |
|  |  | I don't show my vulnerability  |
|  |  | I don't always do what I say |
|  |  | I don't have time to waste |
|  |  | For me good reputation is very important |
|  |  | I prefer to have a relationship of friendship rather than a couple |
|  |  | If I do something important I forget to eat |
|  |  | I am attached to the results  |
|  |  | I am in constant hypervigilance |
|  |  | I am very demanding in my relationships |
|  |  | Tendency to accuse the other of being irresponsible  |
|  |  | Tendency to seek to be special and important  |
|  |  | Tendency to punish me  |
|  |  | Tendency to punish myself by doing everything by myself |
|  |  | Tendency to eat fast |
|  |  | Tendency to control - dominate - manipulate  |
|  |  | Tendency to believe myself very responsible - strong  |
|  |  | Tendency to fulfill commitments to myself  |
|  |  | Tendency to fulfill projects  |
|  |  | Tendency to diarrhea, sexual impotence, hemorrhages... |
|  |  | Tendency to variable mood  |
|  |  | Tendency to interrupt the other many times and answer before the other has finished |
|  |  | Tendency to self-denial  |
|  |  | Tendency to agoraphobia  |
|  |  | Tendency to disloyalty  |
|  |  | Tendency to spasmophilia  |
|  |  | Tendency to paralysis |
|  |  | Tendency to lie saying I thought about the situation when I actually forgot it completely |
|  |  | Tendency to lie easily often  |
|  |  | Tendency to lie so as not to lose my reputation |
|  |  | Tendency to miss promises or look for excuses |
|  |  | Tendency not to take responsibility  |
|  |  | Tendency to lose trust in others  |
|  |  | Tendency to deprive myself of good times for myself  |
|  |  | Tendency to knee, joint and flexibility problems |
|  |  | Tendency to inflammatory problems |
|  |  | Tendency to want to control everything  |
|  |  | Tendency to be defensive, distrustful, intolerant |
|  |  | Tendency to be the center of attraction  |
|  |  | Tendency to be seductive (a) |
|  |  | Tendency to always be right  |
|  |  | Tendency to try to convince the other  |
|  |  | Tendency to verify what the other has done  |
|  |  | Tendency to excessive appetite  |
|  |  | Tendency to selfishness  |
|  |  | Tendency to skepticism  |
|  |  | Tendency to cold sores  |
|  |  | I have difficulty living the separation |
|  |  | I have digestive system disease |
|  |  | I have inflammatory disease  |
|  |  | I have the impression that my partner cheats on me |
|  |  | I'm afraid to compromise |
|  |  | I'm afraid of dissociation  |
|  |  | I'm afraid of denial  |
|  |  | I'm afraid of separation  |
|  |  | I'm afraid of losing dominance  |
|  |  | I'm afraid of commitment  |
|  |  | I have my beliefs and I hope others will follow me |
|  |  | I have a hard time making a choice if I think I can lose something. |
|  |  | I have high expectations for the future |
|  |  | I have to control what is happening around me to put myself before danger and thus avoid surprises |
|  |  | I have a strong personality |
|  |  | I use a lot of salt and spices |

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| V:  |

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|  |  | In my childhood my parents were cold and authoritarian with me. |
|  |  | I hide what I feel |
|  |  | Lack of openness to others  |
|  |  | Lack of open-mindedness  |
|  |  | Lack of authenticity  |
|  |  | Lack of mental clarity  |
|  |  | Lack of concentration  |
|  |  | Lack of flexibility  |
|  |  | Lack of divine justice  |
|  |  | Lack of peace  |
|  |  | Lack of precision  |
|  |  | Lack of reflection  |
|  |  | Lack of sensitivity  |
|  |  | Lack of liveliness of the spirit  |
|  |  | I have suffered from my father's coldness and authoritarianism of my sex. |
|  |  | I have received (a) an education that is too rigid or with many taboos  |
|  |  | I have a hard time committing for fear of making mistakes |
|  |  | I have a hard time relaxing |
|  |  | It's hard for me to let myself be loved and show my love |
|  |  | I demand a lot of myself because I think I am appreciated for what I do and not for who I am. |
|  |  | I don't accept others as they are  |
|  |  | I don't think I receive what I deserve or that I receive more than I think I deserve. |
|  |  | I don't accept myself as I am  |
|  |  | I don't allow myself to make mistakes  |
|  |  | I don't feel appreciated or respected in my fair worth |
|  |  | I don't show my condition  |
|  |  | I don't show my sensitivity  |
|  |  | I can't express love  |
|  |  | I can't express professional fatigue |
|  |  | I can't express my feelings and my feelings  |
|  |  | I can't say I have a premature ejaculation problem  |
|  |  | I don't recognize my limits  |
|  |  | I don't respect my limits  |
|  |  | I am very optimistic, my favorite phrase is *"no problem"* although inside I am distressed or overwhelmed |
|  |  | I am very sensitive but I do not prove it |
|  |  | Tendency to accuse or judge others  |
|  |  | Tendency to block my success  |
|  |  | Tendency to control myself  |
|  |  | Tendency to believe myself appreciated for what I do and not for who I am  |
|  |  | Tendency to over-crack |
|  |  | Tendency to crack severely |
|  |  | Tendency to criticize me  |
|  |  | Tendency to criticize me internally  |
|  |  | Tendency to cross my arms often  |
|  |  | Tendency to doubt my choices  |
|  |  | Tendency to overwork |
|  |  | Tendency to make me suffer  |
|  |  | Tendency to justify myself  |
|  |  | Tendency to anorgasmia in women  |
|  |  | Tendency to negative criticism  |
|  |  | Tendency to disappointment when the other does not respond to my expectations  |
|  |  | Tendency to relational difficulty  |
|  |  | Tendency to inflammatory disease  |
|  |  | Tendency to demand with myself (a) |
|  |  | Tendency to be cold with the other  |
|  |  | Tendency to impotence  |
|  |  | Tendency to anger |
|  |  | Tendency to neck stiffness  |
|  |  | Tendency to stiffness in my body  |
|  |  | Tendency to general stiffness  |
|  |  | Tendency to mental rigidity - attitudes or behaviors  |
|  |  | Tendency to muscle stiffness  |
|  |  | Tendency to embarrassment when you lose control  |
|  |  | Tendency to hemorrhoids  |
|  |  | Tendency to varicose veins  |
|  |  | Tendency to abdominal cramps  |
|  |  | Tendency to menstrual cramps  |
|  |  | Tendency to muscle cramps |
|  |  | Tendency to circulatory problems  |
|  |  | Tendency to skin problems  |
|  |  | Tendency to liver problems  |
|  |  | Tendency to nerve problems |
|  |  | Tendency not to see my qualities - what I do well  |
|  |  | Tendency to hide my sensitivity  |
|  |  | Tendency to ask me a lot  |
|  |  | Tendency to vision problems |
|  |  | Tendency to laugh for nothing  |
|  |  | Tendency to be cut off from my sensibility  |
|  |  | Tendency to be unfair to me  |
|  |  | Tendency to have a stiff neck |
|  |  | Tendency to an excess of optimism  |
|  |  | Tendency to poor vision  |
|  |  | Tendency to live in a state of frequent anxiety |
|  |  | Tendency to constipation  |
|  |  | Tendency to excess stress  |
|  |  | Tendency to insomnia  |
|  |  | Tendency to chronic insomnia  |
|  |  | Tendency to insomnia due to distress and loneliness  |
|  |  | Tendency to insomnia due to stress  |
|  |  | Tendency to childhood insomnia *(diffusion)*  |
|  |  | Tendency to nervous insomnia  |
|  |  | Tendency to nervousness  |
|  |  | Tendency to excessive order  |
|  |  | Tendency to perfectionism  |
|  |  | I have a hard time asking for help  |
|  |  | I'm afraid of coldness  |
|  |  | I'm afraid of making mistakes  |
|  |  | I'm afraid of being wrong |
|  |  | I'm afraid of being judged  |
|  |  | I have a rigid behavior  |