

Name:

Date:

Highlight past symptoms experienced before PMA sessions (highlighted in green):
Underline (or highlight) the complaints you are experiencing now in yellow and write down any unlisted complaints at the bottom of the list:

Note: This document is for informational purposes only and should not be considered a diagnostic tool. It is designed to provide a summary of the symptoms you have described and does not substitute for a professional medical evaluation. It is essential to consult with a qualified healthcare provider for an accurate diagnosis and appropriate treatment for any specific medical condition.

Section 1: Emotional complaints

Anxieties (e.g., death, illness, crowds, squares, disease, future, going 'crazy' (insane)) Phobias, startled, waking up abruptly shortly after falling asleep, sleepwalking, feeling drowsy, foggy (befuddled), difficulty concentrating, irritated, easily angered or annoyed by everyday situations, restless and/or nervous, oversensitive (quick to cry or show emotions, etc.), hypersensitive to various sounds, despondent, apathetic, listless, uninterested, fluctuating moods, sad or tearful mood, crying without apparent reasons, apathy, depression, suicidal tendencies, dizziness.

Section 2 : Head

Tickling sensation in your head or under your scalp, heavy feeling in your head, band around your head, throbbing, pounding headache, headache due to nervous tension, periodic headache, meaning headache that recurs at fixed predictable times, pressure in the head, voices in the head.

Section 3 : Eyes

Rash (eczema) on your eyelids, excessive blinking, inflamed eyelids, swollen eyelids, itching in your eyes, eye pain, pressing sensation in the eyes, feeling like there's sand in your eyes, dry eye membranes, sensitivity to bright light (photophobia).

Section 4 : Ears

Excessive discharge from your ears (otorrhea), rash behind your ears, ear infections, ringing - buzzing - tinkling - humming sounds in your ears, Sounds in your ears accompanied by dizziness, itching in/around your ears, ear pain, feeling of ear congestion, sensation of having a plug in your ears.

Section 5 : Nose / Smell

Bloody discharge from your nose, thick and sticky nasal mucus, runny nose, spontaneous nosebleeds, nasal congestion, sneezing, uncomfortably dry nasal membranes, stuffed nose, loss of sense of smell, foul-smelling nose, inflammation or sores in/on the nose, itching of the nose, pain in or around the nose.

Section 6 : Face

Rash, eczema, cold sores, rash around the mouth/lips, chapped lips, dry lips, facial heat sensation, facial twitches, facial pain, acne, swollen gums, teeth grinding, toothache, easily bleeding gums, gum inflammation, unpleasant taste in your mouth, loss of taste, excessive saliva production, dry mouth, burning sensation in your mouth. Swollen or thickened tongue.

Section 7 : Neck and Throat

Throat clearing, swollen throat mucous membranes, throat infections, sore throat, pressure in/on the throat, throat pain, dry throat, feeling of gagging, lump sensation in the throat, excessive mucus in the throat, difficulty clearing sticky mucus, constant feeling of needing to swallow, difficulty swallowing food or drink, itching in the neck, frequently swollen neck glands, sweating in the neck, stiffness on the sides of the neck.

Section 8 : Stomach

Lack of appetite, increased appetite, excessive/frequent thirst, belching, belching of stomach acid/food remnants, vomiting, empty feeling in your stomach, feeling hungry without appetite, feeling full and bloated in your stomach, a band-like sensation around your stomach, pulsating, throbbing sensation in your stomach, nausea, heartburn, stomach pain, sensation of a lump in your stomach.

Section 9 : Belly

Swollen/bloated abdomen, feeling full in your abdomen without visible distention, tense sensation in your abdomen, constricting/contracting feeling in your abdomen, hard abdomen, discomfort - restlessness - nervousness in your

abdomen, rumbling/gurgling in the abdomen, vague dull pain in your abdomen, pain in your upper/lower abdomen, itching/rash/bleeding at the anus, hemorrhoids, burning, stinging pain/pressure in the intestines, constipation, hard stools, fluctuating bowel movements, diarrhea, strong/constant urge, flatulence.

Section 10 : Urinary tract

Frequent urge to urinate, feeling of fullness in the bladder, unsuccessful urge to urinate, weak bladder, bladder pain, bladder infections, squeezing/pressure sensation in the bladder, bladder spasms, incontinence, urine leakage when coughing/sneezing/laughing, kidney infections, kidney pain, soreness in the kidneys, itching in the urethra, hot/burning/stinging urine, significant sediment in the urine, edema - swollen fingers/ankles/feet.

Section 11 : Airways

Mucus formation in the airways, inflamed mucous membranes, tickling sensation in the airways, raw feeling/inflammation in the larynx/airways, quick irritability/pain/dryness/tickling in the larynx, choking/constricting sensation in the throat, feeling of something in the airways that cannot be swallowed or cleared, hoarseness, throat discomfort, hoarse voice, throat clearing, sighing, irregular breathing, shortness of breath/asthma, difficult and heavy breathing, spasmodic cough, tickly cough.

Section 12 : Chest

Coughing up a lot of phlegm, rash/eczema on the chest, excessive sweating under the armpits, itching/pain in the armpits, swollen lymph nodes under the armpit(s), bronchitis, chest pain, angina pectoris, heart pain, heart palpitations, wheezing sound in the chest, fluttering/trembling/restless/trembling sensation in the chest or around the heart, sensation of congestion/fullness in the chest, throbbing/pulsating sensation in the chest, panic/anxiety sensation in the chest/around the heart, constricting/tightness/squeezing sensation in the chest, cramping/cutting pain in the chest.

Section 13 : Back

Itching on the back, rash/eczema on the back, shivering/chills down the back, back pain, back pain when bending/walking/standing, lower back/mid-back/neck vertebrae pain, pain between/on the shoulder blades, feeling weak and tired in the back, throbbing/pulsating sensation in the back, tense feeling in the back/neck, stiff neck.

Section 14 : Arms and Legs

Stiff arms and/or legs, trembling or shaking of arms/legs/hands/fingers, twitches/jerking in arms/legs, numbness in arms/hands/legs/feet, cramps in arms/legs, paralysis in arms or legs, weakened/feeble sensation in arms/legs, restless arms/legs, cracking of joints, joint inflammation, skin rash/blisters/eczema on arms/legs, hot/cold hands/feet, itching in your arms or legs.

Section 15 : Sleep

Frequent yawning, sleepiness, not feeling rested after sleep, restless sleep, insomnia, difficulty falling asleep, inability to fall asleep due to racing thoughts, difficulty falling back asleep after waking up at night, drowsy feeling, difficulty waking up, waking up abruptly, waking up due to dreams/nightmares/anxiety dreams, dreams of falling, dreams about fire, vivid/busy/energetic dreams, dreams about disasters.

Section 16 : Temperature, Fever

Feeling cold, externally feeling cold, icy cold sensation throughout the body, cold shivers, fever while simultaneously feeling cold, night sweats, fever accompanied by cold chills, external sensation of heat on the skin.

Section 17 : Skin

Feeling of raw/tender skin (not visibly), itching sensation on/in the skin, sensitive/easily irritated skin, often getting "goosebumps," numb/numbness in the skin, feeling of highly swollen skin, burning/irritated skin, spontaneous bruising, dry/burning/irritated skin, skin rash/eczema/pimples/blisters, itchy skin, cracks/tears/splits in the skin, flaky skin, acne, psoriasis.

Other symptoms or diagnosed conditions:

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