



What's my Dosha?

Choose whatever seems the nearest answer for you and your natural inclinations.
Getting someone else's opinion, who knows you well, may help.
Follow instructions at the end of the quiz to get your results

Section 1 Body questions	A	B	C	Section 2 Body questions	1	2	3
My least favorite weather is...	Cold <input type="checkbox"/>	hot <input type="checkbox"/>	damp <input type="checkbox"/>	When walking I tend to ...	walk quickly <input type="checkbox"/>	determined to get where I'm going <input type="checkbox"/>	slow & leisurely <input type="checkbox"/>
My hands and feet tend to be...	cold <input type="checkbox"/>	warm <input type="checkbox"/>	usually cool <input type="checkbox"/>	Activity levels in general ...	on the go hard to sit still <input type="checkbox"/>	enjoy physical and competitive activity <input type="checkbox"/>	I like leisurely ones <input type="checkbox"/>
As a child my build was...	thin <input type="checkbox"/>	medium <input type="checkbox"/>	chunky <input type="checkbox"/>	Regarding my appetite in general...	it varies <input type="checkbox"/>	I hate skipping meals <input type="checkbox"/>	I can miss a meal easily <input type="checkbox"/>
For my build my weight is...	below average <input type="checkbox"/>	average <input type="checkbox"/>	above average <input type="checkbox"/>	When eating I tend to eat...	quickly with delicate digestion <input type="checkbox"/>	anything & have strong digestion <input type="checkbox"/>	& digest slowly <input type="checkbox"/>
I tend to lose weight ...	easily <input type="checkbox"/>	maintain easily <input type="checkbox"/>	gain easily <input type="checkbox"/>	My daily elimination is ...	dry, hard easily constipated <input type="checkbox"/>	frequent during day soft to normal <input type="checkbox"/>	heavy, slow, thick regular <input type="checkbox"/>
If I gain weigh it goes ...	around middle <input type="checkbox"/>	deposits evenly <input type="checkbox"/>	goes to rear or thighs <input type="checkbox"/>	My exercise tolerance is ...	low <input type="checkbox"/>	med <input type="checkbox"/>	high <input type="checkbox"/>
My skin is...	Dry especially in winter <input type="checkbox"/>	soft and ruddy <input type="checkbox"/>	moist or oily <input type="checkbox"/>	Energy levels..	get worn out easily <input type="checkbox"/>	strong <input type="checkbox"/>	good stamina <input type="checkbox"/>
My skin in the sun...	tans easily dark <input type="checkbox"/>	burns easily, freckles/ moles <input type="checkbox"/>	tans easily golden <input type="checkbox"/>	With or without exercise my muscle tone is...	lean, low body weight <input type="checkbox"/>	Medium good definition <input type="checkbox"/>	large, bulky with high % fat <input type="checkbox"/>
In general my hair is ...	dry <input type="checkbox"/>	fine, thin, prematurely grey <input type="checkbox"/>	thick /wavy <input type="checkbox"/>	When buying clothes typically I buy..	for petite, lean or long fitting <input type="checkbox"/>	off the rail mostly fits <input type="checkbox"/>	may go up a size or have alterations <input type="checkbox"/>
When eating I prefer food that is...	warm <input type="checkbox"/>	Cold <input type="checkbox"/>	dry and warm <input type="checkbox"/>	Bodily I am...	fairly flexible <input type="checkbox"/>	fairly muscular <input type="checkbox"/>	solid and big boned <input type="checkbox"/>
End of section 1	Total	Total	Total	End of section 2	Total	Total	Total

Section 3 Mind questions	A	B	C	Section 4 Mind questions	1	2	3
When conflicts arise I can become...	anxious and restless <input type="checkbox"/>	intense and irritable <input type="checkbox"/>	depressed and apathetic <input type="checkbox"/>	My moods are ...	quickly changeable <input type="checkbox"/>	slowly changeable <input type="checkbox"/>	steady <input type="checkbox"/>
If I am under stress ...	am easily excited and highly strung <input type="checkbox"/>	I can be angry or critical <input type="checkbox"/>	...it takes a lot to get me highly stressed <input type="checkbox"/>	When threatened I tend to ...	run <input type="checkbox"/>	fight <input type="checkbox"/>	make peace <input type="checkbox"/>
The most PROMINENT feature of my personality is that I am ...	creative, imaginative <input type="checkbox"/>	intelligent, efficient, a perfectionist <input type="checkbox"/>	caring, kind and patient <input type="checkbox"/>	The following is one aspect of the way I operate ...	I have lots of ideas and change my mind about things easily <input type="checkbox"/>	I gather lots of facts before forming an opinion <input type="checkbox"/>	I am stubborn, make up my mind quickly and don't change my mind often <input type="checkbox"/>
Another aspect of the way I operate is that ...	I learn quickly and forget quickly <input type="checkbox"/>	I have a good general memory <input type="checkbox"/>	I learn slowly but remember for a long time <input type="checkbox"/>	Friendships ...	I tend to make short term friendships <input type="checkbox"/>	most are related to my work <input type="checkbox"/>	are long lasting and sincere <input type="checkbox"/>
My memory style is that I...	learn and forget quickly <input type="checkbox"/>	have a good general memory <input type="checkbox"/>	learn slowly remember long term <input type="checkbox"/>	Shopping and spending; I tend to...	like shopping and spend too much <input type="checkbox"/>	only like spending on special items <input type="checkbox"/>	don't like spending, prefer saving <input type="checkbox"/>
Sleep patterns...	have difficulty falling/staying asleep <input type="checkbox"/>	sleep well for average length of time <input type="checkbox"/>	sleep long and soundly <input type="checkbox"/>	Dreams when I have them are...	many but can't remember them <input type="checkbox"/>	memorable and in colour <input type="checkbox"/>	only memorable when intense or significant <input type="checkbox"/>
More about dreaming...	about flying, restless, nightmares <input type="checkbox"/>	in colour, fast, passion conflicts <input type="checkbox"/>	short, romantic, involve water <input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
End of section 3	Total	Total	Total	End of section 4	Total	Total	Total

Section 5 Emotions	A	B	C	Section 6 Emotions	1	2	3
I readily experience...	fear <input type="checkbox"/>	hate <input type="checkbox"/>	apathy <input type="checkbox"/>	I often find myself...	being secretive <input type="checkbox"/>	being vindictive <input type="checkbox"/>	being uncaring <input type="checkbox"/>
I can feel...	self destructive <input type="checkbox"/>	destructive <input type="checkbox"/>	victimized <input type="checkbox"/>	I can also feel...	anxious <input type="checkbox"/>	irritable <input type="checkbox"/>	attached <input type="checkbox"/>
I can feel...	sneaky <input type="checkbox"/>	manipulative <input type="checkbox"/>	greedy <input type="checkbox"/>	I can also feel...	nervous <input type="checkbox"/>	angry <input type="checkbox"/>	desirous <input type="checkbox"/>
I can feel...	dynamic <input type="checkbox"/>	perceptive <input type="checkbox"/>	harmonious <input type="checkbox"/>	I can also feel ...	communicative <input type="checkbox"/>	caring <input type="checkbox"/>	devoted <input type="checkbox"/>
I can feel...	flexible <input type="checkbox"/>	tolerant <input type="checkbox"/>	patient <input type="checkbox"/>	I can also feel...	a lot and have emotional outbursts <input type="checkbox"/>	aggressive and give my opinion <input type="checkbox"/>	withdrawn and not offer my opinion <input type="checkbox"/>
I express affection with ...	words <input type="checkbox"/>	gifts <input type="checkbox"/>	touch <input type="checkbox"/>	When feeling hurt I ...	cry <input type="checkbox"/>	argue <input type="checkbox"/>	withdraw <input type="checkbox"/>
My most common emotional trauma is...	anxiety <input type="checkbox"/>	denial <input type="checkbox"/>	feeling down/ depressed <input type="checkbox"/>	Confidence levels; I am...	timid <input type="checkbox"/>	outwardly self confident <input type="checkbox"/>	inwardly confident <input type="checkbox"/>
End of section 5	Total	Total	Total	End of section 6	Total	Total	Total

Total A's from section 1 & 2 (Body) =

Total of A's from ALL 6 sections =

Highest number of letter (a,b or c) =

'A' represents Vata Dosh

(The highest number of a,b or c's is your dominant Dosh)

My dominant Dosh from all sections is: Contact Jocelyne for more information at doshawoman@gmail.com

Total B's from section 3 & 4 (Mind) =

Total of B's from ALL 6 sections =

Middle number (a,b or c) =

'B' represents Pitta Dosh

Total C's from section 5 & 6 (Emotions) =

Total of C's from ALL 6 sections =

Lowest number (a,b or c) =

'C' represents Kapha Dosh

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Click the above Dosh Type to find out more about your Dosh

www.DoshaWoman.com

