

Hormone Cycle Attitude Questionnaire

Understanding your body through “the whole picture of health”[®] is crucial to your healing process. When women feel discomfort during their menstrual cycle we generally attribute the negative physical experience solely to the “negatively induced” physical nature of menstruation and reach for a quick remedy to ease the distress and anxiety. These remedies can span from conservative pain relievers, to hormone regulators and for many of us, hysterectomies. What would serve us in resolving these imbalances is to more fully understand the different facets of our health, which contribute to our menstrual difficulties -apart from the obvious physical one.

From a Whole Health Education[®] perspective, there are five aspects that can be considered and explored to discern and identify the source of the cause and effect which leads to the symptoms or conditions we are experiencing. This approach not only provides us with tools to have greater control over our health and wellness but will also help in forming new attitudes about our understanding of the spectrum of our menstrual process experience from puberty to menopause.

The five aspects of the Whole Health Education[®] model are:

- *Physical*
- *Emotional / Mental*
- *Nutritional*
- *Environmental / Familial-Tribal*
- *Spiritual*

These five aspects can be applied to any type of illness, disease or imbalance that one experiences throughout their lifetime.

“Understanding that optimal health and healing takes place when all five aspects are in relative balance is crucial.”

Listed below is an assessment tool designed to assist you in understanding your thoughts, feelings and experiences during your menses, according to the five Whole Health aspects. Once you understand the whole picture of your menses and hormone cycle you will have the tools to heal yourself by making the necessary changes in your physical, emotional, nutritional, environmental and spiritual aspects of your life.

**Whole Health Education is a registered trademark of The National Institute of Whole Health
<http://www.niwh.org>*

Almost Never

Sometimes

Almost Always

-5

-4

-3

-2

-1

0

+1

+2

+3

+4

+5

Physical

Are you comfortable with the changes that your body goes through during your menstrual cycle? _____

Are you aware of when you will start your period? _____

Are you afraid of menstruation? _____

Are you uncomfortable with your menses? _____

Are you uncomfortable with menopause? _____

Are you satisfied with your life? _____

Do you push yourself too hard? _____

Do you exercise? _____

Does your exercise schedule change according to what phase of the menstrual cycle you are in? _____

Have you ever read books about women written by women? _____

Did your education include women's history? _____

Are you embarrassed if you stain your clothes during menstruation? _____

Do you understand what happens to your body during the menstrual cycle? _____

Do you understand what happens to your body during perimenopause and menopause? _____

Do you or did you wish that you did not have a period? _____

Are your periods a positive experience? _____

Are your periods a negative experience? _____

Do you accept your body image? _____

Are you embarrassed by your body image? _____

When your mother/friends first told you about menstruation was it a positive experience? _____

When your mother/friends first told you about menstruation was it a negative experience? _____

Do you experience discomfort; headaches, bloating, insomnia, cramping, during your menstrual cycle? _____

Are you experiencing the typical symptoms associated with menopause? _____

Do you try to hide that fact that you are menstruating? _____

Do you abstain from participating in sports or other physical activities during your period? _____

Do you notice that your period is about to start before your partner or family does? _____

Almost Never			Sometimes					Almost Always		
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5

Do you feel that you are in control of your life? _____

Do you feel that your life is in control of you? _____

Emotional/Mental

Are you aware that not only your body, but your emotional state changes throughout your cycle? _____

Do you feel fulfilled as a woman in your personal and professional life? _____

Do you feel that the people that you love respect you? _____

Are you able to express your feelings without being laughed at? _____

Do you feel that you deserve respect? _____

Are you able to laugh at yourself? _____

Are you happy most of the time? _____

Are you depressed most of the time? _____

Are you constantly stressed? _____

Do you value yourself as a woman? _____

Does your partner value you as a woman? _____

Do you have an emotional support system; mothers, daughters, sisters, friends? _____

Do you feel that you are in control of your emotions? _____

Are your emotions in control of you? _____

Do your emotions affect your behavior? _____

Do you let people take advantage of you? _____

Do you emotionally self-destruct during the premenstrual phase of the cycle? _____

Does your self-esteem change throughout your menstrual cycle? _____

Was your self-esteem affected by the transition into menses? _____

Was your self-esteem affected by the transition into menopause? _____

Does your partner support you during menstruation? _____

Do you use alcohol and/or prescribed or illegal drugs to escape from the reality of your life? _____

Do you feel suicidal during the paramenstrum*? _____

Do you understand that menses is actually a very powerful time in a woman's life? _____

Almost Never			Sometimes					Almost Always		
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5

Do you understand that menopause is actually a very powerful time in a woman’s life? _____

Have you ever noticed that during the premenstrual phase you are very intuitive? _____

Do you understand that you do not have to keep moving at the same pace throughout your cycle? _____

Nutritional

Does your diet consist of more “live” foods rather than dead or processed foods? _____

Does your diet change during the different phases of your menstrual cycle? _____

Is water intake a large part of your daily regimen – 8 – 10 glasses of water a day? _____

Are you aware that soda, alcohol, sugar, coffee, and some teas are all dehydrating? _____

Do healthy foods make up a significant part of your diet? _____

Do you eat nutritious foods during your period? _____

Do you eat junk foods during your period? _____

Do you take nutritional supplements? _____

Do you take the time to “nurture” yourself; get a massage, take vacations, etc? _____

Do you understand that the older you get –your body needs less food? _____

Environmental

Are you supported by your family, friends and co-workers when you have your period? _____

Do you try to plan your daily schedule around your cycle? _____

Do images of women models in magazines affect your self esteem? _____

Is your home a place where you can relax? _____

Are you belittled by your family, friends and/or co-workers during your paramenstrum? _____

Do you believe all of the advertising in print and broadcast media that is targeted to the women’s market? _____

Are you abused by your partner, your family or friends? _____

Spiritual

Are you aware of the affects the lunar cycle has on your life? _____

Are you aware of the affects the lunar cycle has on everyone else’s’ life around you? _____

Do you understand that your life is a cycle of becoming and not a linear path? _____

Almost Never	Sometimes	Almost Always
-5 -4 -3 -2	-1 0 +1 +2 +3	+4 +5

- Do you feel connected to life around you? _____
- Do you feel separated from life; alone and lonely? _____
- Do you "trust" that things happen to you for a reason? _____
- Are you ashamed of your sexuality? _____
- Do you realize that when you have "sex" instead of making love that you give away some of your personal power? _____
- Is the person who is the recipient of your lovemaking worthy of your love? _____
- Has having multiple sex partners affected your self esteem? _____
- Do you feel a connection between your body, mind and spirit? _____
- Do you feel that you have a purpose in life? _____
- Are you living your passion? _____
- Do you feel connected to the universe? _____
- Do you live your life with purpose and intention? _____
- Is the Golden Rule; "Do unto others as you would have others do unto you" practiced in your daily life? _____
- Do you honor yourself and the changes that you go through throughout your menstrual cycle? _____
- Do you realize that menopause is the "wise woman" phase of your life? _____
- Do you perceive yourself as a victim in your life – or a Goddess? _____

Assessing Your Hormone Cycle Attitude Score

1. _____ Add up the value of your "+" scores above "0"

2. _____ Add up the value of your "-" scores above "0"

Total "+" score minus total "-" score = your hormone cycle attitude score.

-180 to -125	Fatigued, irritated & bitchy!
-125 to +50	Feeling the rhythm
50 to 125	Cycling Mama!
125 to 180	Hormone Goddess!