







Mental Constitution Survey









Observations	 Sattva	 Rajas	 Tamas	 S	 R	 T
Spiritual Peace	Sustained	Sporadic	Rare			
Spiritual Power	Inclusive	Exclusive	Destructive			
Mental Clarity	Sustained	Sporadic	Rare			
Mental Peace	Consistent	Irregular	Rare			
Satisfaction/Happiness	Predominant	Fluctuates	Rare			
Behavior	Balanced	Aggressive	Destructive			
Commitment	Accompanied with love/awareness	Willful/goal-based	Rare			
Concentration	Excellent	Sporadic	Poor			
Awareness	Expansive	Narrow	Poor, Careless			
Will Power	Effortless	Effortful	Rare			
Knowledge	Elevated	Purposeful	Confined			
Memory	Excellent	Variable	Low			
Discernment	High	Medium	Low			
Detachment	Compassionate detachment	Challenging	Ruled by attachment			
Forgiveness	Easy	Challenging	Poor, holds a grudge			
Cleanliness	Pure, clean, neat	Obsessive/disorderly	Obsessive, impure, sloppy			
Sexual Activity	Spiritually based/balanced	Variable/pleasure based	Excessive or no sexual drive			
Charity	Anonymous	Occasional/for recognition	Rare			
Love/Compassion	Universal, no expectation	Selfish, with expectation	Obsessive or non-existent			
Non-violence	Consistent	Lacks Consistency	Frequently violent toward self or others			
Truthfulness	Consistent	Inconsistent	Rare			

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Self-Discipline	High	Medium	Low			
Self-Reflection	Consistent	Sporadic	Rare			
Contentment	Consistent	Sporadic	Rare			
Ability to Let Go	Consistent	Sporadic	Rare			
Devotion	Consistent	Sporadic	Rare			
Emotions	Able to objectify	Identified with emotions	Suppressed or overwhelmed			
Attachment	Rare, brief	Frequent	Often, longstanding			
Fear	Rare, brief	Frequent	Often, longstanding			
Anger	Rare, brief	Frequent	Often, longstanding			
Greed	Rare, brief	Frequent	Often, longstanding			
Confusion	Rare, brief	Moderate/frequent	Often, longstanding			
Hate	Rare, brief	Moderate/frequent	Often, longstanding			
Grief	Rare, brief	Moderate/frequent	Often, longstanding			
Depression	Rare, brief	Sporadic	Often, longstanding			
Prideful	Minimal	Significant	Lacking, but self-absorbed			
Perception	Clear	Often agitated	Clouded			
Facial Expression	Calm, contented, happy	Mixed, agitated, tense	Dull, gloomy			
Eyes	Calm, clear	Restless, active	Dull, gloomy			
Speech	Clear, calm, truthful, necessary	Fast, disconnected, agitated	Slow, dull, untruthful			
Sensory Impressions	Calm, pure	Agitated, overly stimulating	Dark, violent, disturbing			
Predominantly	Spiritual	Worldly, competitive	Insular, status quo			
Wisdom	Seeks wisdom/Truth	Seeks intellectual, material	Lacks interest in seeking			

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