



**TCM ACADEMY**  
Of Integrative Medicine

# 5 Types of Depression

## Course Worksheet

Print and use during lectures to keep key points in  
your own language



# Chinese Definitions

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# Metal

Nature: \_\_\_\_\_  
\_\_\_\_\_

Emotions: \_\_\_\_\_  
\_\_\_\_\_

Symptoms: \_\_\_\_\_  
\_\_\_\_\_

Spritis: \_\_\_\_\_  
\_\_\_\_\_

The Points:

Lu 9: \_\_\_\_\_  
\_\_\_\_\_

Lu 3: \_\_\_\_\_  
\_\_\_\_\_

Notes to Self: \_\_\_\_\_  
\_\_\_\_\_

# Water

Nature: \_\_\_\_\_

\_\_\_\_\_

Emotions: \_\_\_\_\_

\_\_\_\_\_

Symptoms: \_\_\_\_\_

\_\_\_\_\_

Spritis: \_\_\_\_\_

\_\_\_\_\_

The Points:

Kid 23: \_\_\_\_\_

Kid 24: \_\_\_\_\_

Kid 25: \_\_\_\_\_

Notes to Self: \_\_\_\_\_

\_\_\_\_\_

# Wood

Nature: \_\_\_\_\_

\_\_\_\_\_

Emotions: \_\_\_\_\_

\_\_\_\_\_

Symptoms: \_\_\_\_\_

\_\_\_\_\_

Spritis: \_\_\_\_\_

\_\_\_\_\_

The Points:

Liv 2: \_\_\_\_\_

\_\_\_\_\_

Liv 14: \_\_\_\_\_

\_\_\_\_\_

Notes to Self: \_\_\_\_\_

\_\_\_\_\_

# Fire

Nature: \_\_\_\_\_  
\_\_\_\_\_

Emotions: \_\_\_\_\_  
\_\_\_\_\_

Symptoms: \_\_\_\_\_  
\_\_\_\_\_

Spritis: \_\_\_\_\_  
\_\_\_\_\_

The Points:

Ht 4: \_\_\_\_\_  
\_\_\_\_\_

Ht 7: \_\_\_\_\_  
\_\_\_\_\_

Notes to Self: \_\_\_\_\_  
\_\_\_\_\_

# Earth

Nature: \_\_\_\_\_

\_\_\_\_\_

Emotions: \_\_\_\_\_

\_\_\_\_\_

Symptoms: \_\_\_\_\_

\_\_\_\_\_

Spritis: \_\_\_\_\_

\_\_\_\_\_

The Points:

Sp 3: \_\_\_\_\_

Sp 4: \_\_\_\_\_

St 12: \_\_\_\_\_

St 23: \_\_\_\_\_

Notes to Self: \_\_\_\_\_