



DETERMINE YOUR PRIMARY PERIMENOPAUSE ARCHETYPE GUIDE

STEP 1:

Which archetype(s) have the HIGHEST score (10 over above) ?

STEP 2:

Is Cortisol Craver OR Blocked Burner one of the highest scoring archetypes?

If yes go to **STEP 3**

If no go to **STEP 5**

STEP 3:

If YES that is your Primary Archetype. If there is a tie (same score) between Cortisol Craver OR Blocked Burner then complete STEP 4.

STEP 4:

Which disrupts your life more?

- Cortisol Craver: Sleep issues, anxiety, wired at night
- Blocked Burner: Post-meal crashes, cravings, stubborn weight

When do you feel worse?

- Cortisol Craver: Evening/night (can't wind down, 2-4am waking)
- Blocked Burner: After eating (fatigue, brain fog, blood sugar)

If you answered YES to Cortisol Craver, then that is your Primary Archetype and if you answered YES to Blocked Burner, then that is your Primary Archetype.

If Cortisol Craver OR Blocked Burner is tied with OTHER archetypes the Cortisol Craver OR Blocked Burner will take precedence and is therefore your primary archetype.

STEP 5:

If you Estrogen Excess and Liver Lover tie complete the following question:

Are your symptoms cyclical or constant?

- Estrogen Excess: Cyclical - significantly worse before period
- Liver Lover: Constant - throughout the month

If you answered YES to Estrogen Excess, then this is your primary archetype and if you answered YES to Liver Lover, then this is your primary archetype.

STEP 6:

If you have a tie between Estrogen Excess, Liver Lover, Low-Low, and Mighty Mito follow this process.

Estrogen Excess VS Liver Lover

Are your symptoms cyclical or constant?

- Estrogen Excess: Cyclical - significantly worse before period
- Liver Lover: Constant - throughout the month
- Winner advances

Winner VS Low Low

- Which is more disruptive Estrogen/Liver symptoms or Low Low symptoms (dryness, flat mood, joint pain)?
- Winner advances

Winner VS Mighty Mito

- Which disrupts life more - hormone symptoms OR energy/recovery symptoms?
- Winner is your primary archetype

STEP 7:

For Other Tied Combinations Low Low, Mighty Mito then answer which symptom pattern disrupts your life most right now? The answer will be your primary archetype.

If you are still stuck, feel free to reach out via email micaela@bewellivewell.co.nz and I can help you.

Further Symptom Questions

Archetype: Estrogen Excess

- Heavier menstrual flow than usual
- Unexpected spotting between periods
- Feeling exhausted throughout the day
- Sleep problems in the week before your period
- Trouble falling asleep
- Emotional ups and downs
- Waking up sweaty at night
- Night sweats specifically before your period
- Tender or swollen breasts

Archetype: Cortisol Craver

- Staying up late even when tired
- Energy crash in the afternoon
- Waking up between 3-4 AM
- Trouble falling asleep at night
- Decreased interest in sex
- Feeling more anxious than usual
- Experiencing hot flashes
- Finding it hard to maintain muscle strength

- Taking longer to recover after exercise

Archetype: Liver Lover

- Trouble staying asleep through the night
- Difficulty focusing or concentrating
- Waking up sweaty at night
- Quick changes in mood
- Challenges maintaining muscle strength
- More sensitive to smells than before
- New reactions to medications
- More or less sensitive to caffeine/coffee
- Less tolerant to alcohol

Archetype: Mighty Mito

- Feeling tired more often than usual
- Getting exhausted during exercise
- Muscles staying sore longer after activity
- New sensitivity to smells
- Unexplained weight changes
- Difficulty building muscle
- Increased sensitivity to chemicals/fragrances
- Difficulty concentrating
- Joint pain and inflammation

Archetype: Blocked Burner

- Feeling very tired after meals
- General fatigue throughout the day
- Waking up during the night
- Decreased interest in sex
- Brain fog (trouble thinking clearly)
- Getting tired quickly during exercise
- Weight gain
- Muscle cramps or spasms
- Hair loss or dry skin

Archetype: Unicorn

Unicorn archetype is a more mild expression of perimenopause symptoms. If you score 10 or less in each of the above sections, then you fall into the Unicorn Archetype.

Archetype: Low Low

- Lighter periods than usual
- Skipped periods
- Complete loss of sex drive
- Feeling down or depressed
- Hot flashes during the day
- Discomfort during sex
- Changes in weight
- Dry or itchy skin
- Trouble gaining or maintaining muscle