

## MY 5 Element Questionnaire

Place a 0, 1, 2 or 3 next to each question.

**3-If it accurately describes you**

**2-If it describes you most of the time**

**1-If it describes you infrequently**

**0-If it does not describe you at all**

### Wood Element

- \_\_\_\_\_ I am a natural born initiator and leader
- \_\_\_\_\_ I have difficulty with authority figures
- \_\_\_\_\_ I act assertively and confidently
- \_\_\_\_\_ I am impatient with the performance of others
- \_\_\_\_\_ I like struggling against great odds to prove something to others
- \_\_\_\_\_ I am always doing something or going somewhere
- \_\_\_\_\_ I am unyielding to compromise
- \_\_\_\_\_ I am driven to be the first and best
- \_\_\_\_\_ Confinement and sitting quietly drives me crazy
- \_\_\_\_\_ I like to make the rules that don't apply to me
- \_\_\_\_\_ I am active and energetic in everything I do
- \_\_\_\_\_ Others find me to be contentious and self-righteous
- \_\_\_\_\_ I am decisive and deliberate in action
- \_\_\_\_\_ I dislike showing vulnerability
- \_\_\_\_\_ I enjoy taking risks
- \_\_\_\_\_ I manipulate people and situations to get what I want
- \_\_\_\_\_ Controlling my anger is one of my greatest challenges
- \_\_\_\_\_ I am forceful and controlling
- \_\_\_\_\_ I do my best work under pressure
- \_\_\_\_\_ I am characterized as a type "A" personality
- \_\_\_\_\_ My favorite colors are blue/greens or spring greens

### Fire Element

- \_\_\_\_\_ I spend a lot of time and energy seeking the divinity in life
- \_\_\_\_\_ Others find me to be charismatic
- \_\_\_\_\_ I love drama and being in the limelight
- \_\_\_\_\_ I am impulsive
- \_\_\_\_\_ I am creative and artistic
- \_\_\_\_\_ I laugh easily and engage others
- \_\_\_\_\_ I am more sensual than my friends
- \_\_\_\_\_ I fail to acknowledge the consequences of my actions
- \_\_\_\_\_ I fear separation
- \_\_\_\_\_ I am spontaneous and clever on my feet
- \_\_\_\_\_ I crave excitement and stimulating activities
- \_\_\_\_\_ I dislike rules and enjoy getting around them
- \_\_\_\_\_ I have difficulty with delayed gratification
- \_\_\_\_\_ I could be described as self-indulgent; even extravagant
- \_\_\_\_\_ I am bright and scintillating at social gatherings
- \_\_\_\_\_ I have difficulty with follow through
- \_\_\_\_\_ I dislike routines and the ordinary

- \_\_\_\_\_ I have a strong need for praise
- \_\_\_\_\_ I am optimistic and enthusiastic about life
- \_\_\_\_\_ I am strongly aware of how others feel
- \_\_\_\_\_ My favorite colors are reds, oranges, pinks or magenta

### **Earth Element**

- \_\_\_\_\_ I see myself as a service oriented person
- \_\_\_\_\_ My friends use me as a negotiator
- \_\_\_\_\_ I struggle with inertia and feeling "stuck"
- \_\_\_\_\_ Nurturing comes easily to me
- \_\_\_\_\_ I am filled with worry and self-doubt
- \_\_\_\_\_ I like to be in charge, but not in the limelight
- \_\_\_\_\_ I am stubborn even regarding inconsequential issues
- \_\_\_\_\_ My need to be accommodating results in excessive conformity
- \_\_\_\_\_ I am often going through an identity crisis
- \_\_\_\_\_ I have a strong need to belong and be accepted by others
- \_\_\_\_\_ I am referred to as a "peacemaker" by my friends
- \_\_\_\_\_ I regard loyalty as one of the most important traits in a friend
- \_\_\_\_\_ My thinking is conservative
- \_\_\_\_\_ I have a strong need for material security
- \_\_\_\_\_ I am often involved in everybody else's business
- \_\_\_\_\_ I prefer predictable as opposed to rapid, unpredictable change
- \_\_\_\_\_ I tend to be overly protective
- \_\_\_\_\_ My unrealistic expectations leave me disappointed much of the time
- \_\_\_\_\_ I try to be all things to all people
- \_\_\_\_\_ I have strong traditional family values
- \_\_\_\_\_ My favorite colors are yellows, dark greens, browns or earth tones

### **Metal Element**

- \_\_\_\_\_ I am a "law and order" person
- \_\_\_\_\_ I hold righteousness and virtue in high regard
- \_\_\_\_\_ I am logical and analytical
- \_\_\_\_\_ I work well independently or with strong leadership
- \_\_\_\_\_ I like establishing systems and creating organization
- \_\_\_\_\_ I have difficulty accepting assistance
- \_\_\_\_\_ I hold very precise standards
- \_\_\_\_\_ I am intolerant of disorder and dissonance
- \_\_\_\_\_ I harbor resentments toward others
- \_\_\_\_\_ I have a strong aesthetic sense
- \_\_\_\_\_ Carelessness in others drives me up a wall
- \_\_\_\_\_ I am considered cool, dispassionate, and distant
- \_\_\_\_\_ Reason and high principles are my guiding light
- \_\_\_\_\_ I am meticulous and detail oriented
- \_\_\_\_\_ I have refined tastes
- \_\_\_\_\_ I am critical of others
- \_\_\_\_\_ Social involvement a low priority
- \_\_\_\_\_ My constant self-control drives my spontaneous friends crazy
- \_\_\_\_\_ I am idealistic

- \_\_\_\_\_ I thrive on new information and technological advances
- \_\_\_\_\_ My favorite colors are white, silver, gold, bronze or copper

**Water Element**

- \_\_\_\_\_ I am introspective
- \_\_\_\_\_ I easily acknowledge the different perspectives of others
- \_\_\_\_\_ I despise superficiality in others
- \_\_\_\_\_ I am creative, imaginative, and original
- \_\_\_\_\_ I am modest and dislike being the center of attention
- \_\_\_\_\_ I am self-contained and self-sufficient
- \_\_\_\_\_ I seek the deep mystery in everything
- \_\_\_\_\_ I am deeply emotional but keep my feelings to myself
- \_\_\_\_\_ I can be blunt and tactless
- \_\_\_\_\_ I have a very penetrating and critical mind
- \_\_\_\_\_ I dislike waste and conserve everything
- \_\_\_\_\_ Perseverance is one of my strongest virtues
- \_\_\_\_\_ I am cautious and mistrustful of others
- \_\_\_\_\_ I prefer a few close, intimate friends
- \_\_\_\_\_ I am able to establish healthy boundaries with others
- \_\_\_\_\_ I am to be considered enigmatic and eccentric by my friends
- \_\_\_\_\_ I have remarkable powers of concentration
- \_\_\_\_\_ I am hesitant, even shy, in social circumstances
- \_\_\_\_\_ I have difficulty conforming
- \_\_\_\_\_ I am aware of and objective regarding others
- \_\_\_\_\_ My favorite colors are blue, black and dark shades

**Add up each section. The element with the highest number is your dominant element. Lower numbers do not indicate a "bad" score. We are a composite of all 5 elements, so it is the proportion or relationship between them that is important.**

**Wood** \_\_\_\_\_

**Fire** \_\_\_\_\_

**Earth** \_\_\_\_\_

**Metal** \_\_\_\_\_

**Water** \_\_\_\_\_