

Five Element Questionnaire

To help classify your Five Element nature.

Please put one of the following values next to each question. Do not skip any questions.

+2 If the question sounds a lot like you

+1 If it is somewhat like you

0 is neutral

-1 is not much like you

-2 is nothing like you

Element One

- Are you a natural born initiator?
- Do you have problems with authority figures?
- Do you suffer from pains that migrate?
- Do you act assertively and confidently?
- Does other people's slowness and clumsiness irritate you?
- Do you like struggling against great odds to prove to others you can do it?
- Are you frequently doing something or going somewhere?
- Do you have high blood pressure?
- Have you often been told you don't compromise much?
- Are you driven to be the first and best?
- Does confinement and sitting quietly drive you crazy?
- Do you get frequent muscle cramps?
- Do you like to make the rules and then break them?
- Are you passionate about everything you do?
- Do you like pioneering new trails?
- Do your nails alternate between hard and thick and dry and brittle?
- Are you impatient with uncommitted people?
- Are you afraid to show vulnerability?
- Have you ever had tendonitis?
- Do you love speed and adventure?
- Do you tend to manipulate people and situations to get what you want?
- Is controlling your anger one of your biggest problems?
- Do you find any kind of restraint insufferable?
- Do you do your best work under pressure?
- Are you characterized as a type "A" personality?
- Your favorite color is green.

Element Two

- Would you describe yourself as introspective?
- Do you have a powerful sex drive?
- Is the search for Truth a prime motivator in your life?
- Do you hate superficiality in people?
- Are you creative, imaginative and original?

- Are you modest and fear being in the limelight?
- Are you self-contained and self-sufficient?
- Do you have problems with your teeth or gums?
- Do you seek the deep mystery in everything?
- Are you ever out of touch with your emotions?
- Do you suffer with frequent backaches?
- Are you ever tactless and even rude occasionally?
- Do you have a very penetrating and critical mind?
- Do you hate waste and conserve everything?
- Is perseverance one of your strongest virtues?
- Do you have hardening of the arteries?
- Is it hard for you to share with others?
- Do you suffer from isolation and loneliness?
- Are you afraid of losing yourself in others?
- Are you considered enigmatic and eccentric by your friends?
- Do you have remarkable powers of concentration?
- Are you awkward in social circumstances?
- Do you have trouble conforming?
- Have you had kidney or bladder problems?
- Are you watchful and objective with other people?
- Your favorite color is blue or black.

Element Three

- Do you spend a lot of time and energy seeking the divine?
- Do you have an enlarged or weak heart?
- Are you charismatic?
- Do you have an extreme aversion to pain?
- Do you love drama, performing and being in the limelight?
- Are you often spontaneous?
- Do you get sores on your tongue and around your mouth?
- Can't say No to anyone?
- Do you tend to be more sensual than your friends?
- Do you love to give your opinion?
- Do you fear separation above all else?
- Are you clever on your feet?
- Do you desire fulfillment more than almost anything?
- Do you bore easily with the dull and ordinary?
- Do you blush easily?
- Could you be described as extravagant?
- Are you bright and scintillating at social gatherings?
- Do you have eczema?
- Do you have trouble with boundaries?
- Is the need for intimacy a strong motivation?
- Does sharing come easily?
- Are you mostly optimistic and enthusiastic about life?

- Are you strongly empathetic?
- Do you ever suffer from anxiety or insomnia?
- Your favorite color is red?

Element Four

- Are you a "law and order" person?
- Do you hold righteousness and virtue in high regard?
- Are rituals important to you?
- Do you ever have stiff joints and muscles?
- Is chaos your enemy?
- Do you have no time for nonsense?
- Do you hold very precise standards?
- Are you very sensitive to temperature change?
- Are you intolerant of disorder and dissonance?
- Is your skin and hair really dry?
- Do you fear intimacy?
- Do you have a strong aesthetic sense?
- Does carelessness in others drive you up a wall?
- Are you considered cool, dispassionate and distant?
- Do you ever experience a tight chest with dry coughing?
- Are reason and high principles your guiding light?
- Are you ever a little too strict and nit-picky?
- Do you have refined tastes?
- Have you been called self-righteous?
- Have you had a number of moles and/or warts?
- Is social involvement on the bottom of your list of important things?
- Do you ever have sinus problems?
- Does your constant self control drive your spontaneous friends crazy?
- Are you into changing other people?
- Do you suffer from constipation?
- Your favorite color is white or silver.

Element Five

- Do you see yourself as a service oriented person?
- Are you working on being more self-reliant?
- Do your friends often use you as a negotiator?
- Is bloating and water retention ever a problem?
- Do you struggle with inertia and feel "stuck" sometimes?
- Does nurturing come easy to you?
- Are you haunted with self-doubt?
- Do you like to be in charge, but not in the limelight?
- Does your efficiency leave something to be desired?
- Does your need to be accommodating result in excessive conformity?
- Do you often go through an identity crisis?

- Do you have a strong need to belong strong?
- Do you ever suffer from muscle tenderness?
- Are you referred to as a "peacemaker" by your friends?
- Do you regard loyalty as being one of the more important traits in a person?
- Is your thinking too conservative?
- Do you have a strong need to be needed?
- Are you often involved in everybody else's business?
- Do you ever suffer with swollen glands or lymphatic disorders?
- Would you like things more predictable because things are changing too fast?
- Do you tend to be overly protective?
- Do unrealistic expectations leave you disappointed much of the time?
- Do you try to be all things to all people?
- Is there ever a deep "emptiness" in the pit of your stomach?
- Do you have a squarish, solid physique?
- Your favorite color is yellow.

Add up each section. Often you will have a section or sections that are negative. This is OK. Having a negative number means nothing for an individual element, it is the relationship between elements that is important. The element with the least amount of negatives (or the highest positive) is your dominant phase. We are all a mixture of elements so it is the proportion or relationship between them that is important. More than 20 points between the highest and lowest values is a sign of imbalance.

One is the Wood element, Two is Water, Three is Fire, Four is Metal, Five is the Earth element.

Example results from dominant to weak could look like this:

Wood +18, Fire +9, Water +5, Earth -9, Metal -20.

This is a Wood person with a weak Metal. To help balance the elements, sedate Fire, Tonify Earth and Metal.

Metal 0, Water -9, Earth -13, Fire -16, Wood -25.

This is a Metal person with a weak Wood element. To balance, tonify Water and Wood.

Wood +6, Fire +4, Earth +1, Metal -1, Water -2.

This is a mostly balanced person and general tonification is suggested.

Knowledge of the 5 Element cycles and meridian theory will allow finding personalized QiGong by sedating that which is too strong and tonifying that which is too weak.

The constructive, nourishing, generating or creative cycle of five-element theory:

Water creates/nourishes Wood

Wood nourishes Fire

Fire creates Earth (ash)

Earth creates (contains) Metal
Metal collects (contains) Water

The controlling, overcoming or destructive cycle of five-element theory:

Water destroys (quenches) Fire
Fire destroys (melts) Metal
Metal destroys (chops) Wood
Wood destroys (penetrates) Earth
Earth destroys (bounds or absorbs) Water

Relationship between Elements and Meridians:

| <u>Meridians</u> | |
|-----------------------------------|-----------------------------------|
| <u>Yin or Zang (Solid) Organs</u> | <u>Yang or Fu (Hollow) Organs</u> |
| (-HT) Heart | (+SI) Small Intestine |
| (-PC) Pericardium | (+TH) Triple Heater |
| (-SP) Spleen | (+ST) Stomach |
| (-LU) Lungs | (+LI) Large Intestine |
| (-KD) Kidneys | (+UB) Urinary Bladder |
| (-LV) Liver | (-GB) Gall Bladder |
| (CV) Conception Vessel | |
| (GV) Governing Vessel | |

Fire is red, Earth is yellow, Metal is white or silver, Water is blue and Wood is green.

Relation between animals and elements:

Water (Snake & Bear), Wood (Cranes), Fire (Tiger),
Earth (Dragon & Monkey/Ape), Metal (Leopard & Deer)