



5 Element Personality Questionnaire

Name:

Date:

Please put a check mark next to each statement that you relate to now or have in the past. Add up the check marks at the end of each section.

- I tend to feel confident about my abilities
- I tend to do what I feel is right, regardless of what others might think
- I enjoy competition; my friends often describe me as competitive
- I am comfortable in conflict situations, or under pressure
- I can be bullheaded and stubborn
- I like to think of creative solutions to difficult problems
- I tend to make hasty, irrational decisions (or find it difficult to make decisions)
- I can be impulsive and like to take risks
- I am typically direct and straightforward in my dealings with others.
- I am a workaholic or overachiever
- When things don't go my way, I often feel off balance, stuck or uprooted
- I tend to be critical of others (or insensitive to their needs)
- My characteristic response to difficult situations is to get angry; I sometimes have trouble controlling my anger
- My greatest fears involve loss of control: being helpless, being confined, being unable to move
- I often feel restless or have difficulty sleeping between the hours of 11pm and 3am
- TOTAL CHECK MARKS(Wood)
- I am empathic and can easily identify with other people's pleasure or pain
- I intuitively know what others are thinking or feeling
- I am easily affected by other people's responses or opinions of me
- I enjoy physical contact and emotional intimacy
- I tend to thrive (or fall apart) in a stimulating environment: big city, noisy office
- I'm considered magnetic or charismatic; other people seem to be drawn to me
- I am often thought of as eternally optimistic and a romantic
- I like to live in the moment and let bygones be bygones

- ___ I dread rejection, which makes me feel cut off from others
- ___ I often feel anxious and afraid for no apparent reason
- ___ I tend to be vulnerable, especially in relationships
- ___ I need a lot of support or praise; I tend to doubt myself
- ___ My characteristic response with difficult situations is to get overly excited, flustered and emotional
- ___ My greatest fears involve being alone or abandoned
- ___ My energy is either extremely high or totally depleted between the hours of 11am and 3pm
- ___ TOTAL CHECK MARKS (Fire)
- ___ I tend to be nurturing; I enjoy taking care of others
- ___ I tend to be a mediator and peacemaker; I like to solve problems and help others reconcile theirs
- ___ I become easily upset or unsettled with conflict or discord
- ___ I am extremely adaptable and easily mold myself to different situations
- ___ I thrive on peaceful settings, tranquil surroundings and natural beauty
- ___ I need stability in my life
- ___ I am happy to relax and “do” nothing
- ___ I have a tendency to be co-dependent
- ___ I often feel too needy; I particularly need to know that I am needed
- ___ I often have difficulty asking for what I need
- ___ I have difficulty being alone
- ___ I like being the center of my social network
- ___ I tend to worry or obsess about problems
- ___ My characteristic response to difficult situations is to worry about the outcome or to interfere, hoping to change the outcome
- ___ My greatest fears involve being lost, alone or far from home
- ___ My energy is either extremely high or totally depleted between the hours of 7-11pm
- ___ TOTAL CHECK MARKS (Earth)
- ___ I tend to be neat and orderly in my personal appearance
- ___ I take pride in being efficient and methodical; I like to make lists
- ___ I am content with just a few close friends or relationships
- ___ I am bored with superficiality; I like to concentrate on quality and substance
- ___ I like to be in control; spontaneity frightens me
- ___ I tend to be a perfectionist and can be excessively critical of myself
- ___ I restrain myself from expressing my feelings; others sometimes describe me as detached or unfeeling.

- ___ I feel strongly committed to certain moral principles and standards of conduct
- ___ I don't like to get caught up in other people's dramas
- ___ I am interested in spiritual disciplines and approaches to life
- ___ In social situations I tend to be stiff and somewhat formal
- ___ Food is a fuel rather than a pleasure; I often eat the same things
- ___ My characteristic response to difficult situations is to feel overwhelmed with sorrow and grief
- ___ My greatest fears involve crowds, chaos, and corruption
- ___ I often feel restless, agitated or full of energy between the hours of 3-7am
- ___ TOTAL CHECK MARKS (Metal)
- ___ I tend to be introverted and keep my thoughts to myself
- ___ I value my solitude and need some time to be alone
- ___ I have few friends and avoid most social situations; as a result I often feel lonely
- ___ I tend to avoid intimate relationships
- ___ I prefer to work alone
- ___ I tend to be skeptical even cynical
- ___ Because I have my own thoughts and opinions, others sometimes find me eccentric
- ___ I am patient and persevering, even when the odds are against me
- ___ I am insatiably curious and have a vivid imagination
- ___ I sometimes get deeply depressed for no apparent reason
- ___ I like to figure things out for myself; I don't like to be given the answer or solution
- ___ I am very attentive and am constantly taking things in that others don't seem to notice
- ___ When I'm in conflict with others, I tend to feel a sense of underlying anxiety or dread
- ___ My characteristic response to difficult situations is to feel a sense of foreboding, to freeze in fear, imagining the worst case scenario
- ___ My energy is either extremely high or totally depleted between the hours of 3-7pm
- ___ TOTAL CHECK MARKS (Water)

Enter totals for all the elements:

- ___ Wood
- ___ Fire
- ___ Earth
- ___ Metal
- ___ Water