



Five Element Personality quiz

Write your first and last
name: _____

Phase 1 (of 5)

- feel confident and act assertively
- enjoy being competitive and ambitious
- feel powerful and invulnerable
- reluctantly acknowledge other people as my equal
- openly discuss my abilities and achievements with others
- am comfortable with conflict or pressure
- enjoy being first, best, unique, or even outlandish
- act with assurance and confidence, regardless of what other people may think or feel
- am comfortable with difficult tasks or emergencies that require “thinking on my feet”
- feel that I’m right, even if others strongly disagree with or disapprove of me
- can be direct or provocative, even when it causes discomfort or embarrassment to others
- take pleasure in public recognition and admiration of my talents and achievements
- am comfortable directing or leading others
- follow my own hunches about what is right or wrong
- take the lead when it is necessary to get things done quickly and effectively
- act boldly and decisively, even when I don’t have all the expertise or information I need
- enjoy for its own sake the process of striving against the odds
- want to reject or argue with other peoples appraisals of me

Total boxes checked: _____

Phase 2 (of 5)

- am animated and enthusiastic
- enjoy the pleasure of my senses
- easily know what another thinks and feels
- enjoy physical contact and emotional intimacy
- am comfortable in very stimulating environments
- openly share my innermost feelings and desires
- live in the here-and-now, and don't worry about the future or dwell on the past
- see the humorous side of life
- thoroughly enjoy getting what I want and need
- can be tender, intimate, and vulnerable with another person
- enjoy being moved emotionally
- become easily and completely involved in the events going on around me
- am emotionally sensitive, responsive, and intuitive
- remain optimistic and hopeful despite what others may say or believe
- can be completely open and exposed
- identify and sympathize with another's joy and pain
- am unabashed in showing enthusiasm and excitement
- enjoy being attractive and magnetic

Total boxes checked: _____

Phase3 (of 5)

- am nurturing and supportive
- put the needs of others before my own
- enjoy frequent socializing with friends and family
- enjoy being relied upon for reassurance and help
- enjoy being the hub of my social and family network
- am agreeable and accommodating
- enjoy settling disputes so that all parties are satisfied
- help people work together in a harmonious manner
- get involved in other peoples' lives
- create a relaxed and comfortable environment in which very different people can enjoy being together
- loyal and accessible to friends & people who are involved in some important way in my life and work
- can be diplomatic and tactful
- rely on the skills and intelligence of others
- accept other peoples' characterizations of who I am
- enjoy just being in the company of other people
- sympathize w/ the circumstances of others
- get close enough to need another person
- am comfortable & sociable w/ people I don't know well

Total boxes checked: _____

Phase 4 (of 5)

- maintain a neat & orderly personal lifestyle
- enjoy a convivial but undemanding social life
- am in control of my environment and the way I do things
- am strongly committed to my morals
- feel secure & comfortable in my work when I know everyone is following proper procedures
- enjoy tasks that require logical, analytic, & systematic approaches to problem solving
- appreciate being thought of as meticulous and discriminating
- think of myself as being impeccable and above reproach
- self-contained and not overly-involved in other people's affairs
- work easily and efficiently in situations where goals & guidelines are well defined
- like to be judged according to objective criteria rather than personal biases or intuitions
- accept the authority of those with more competence
- am systematic and methodical in my work
- enjoy the process of solving puzzles and mysteries
- put virtue and principles before pleasure and fulfillment
- restrain myself in expressing my feelings or opinions
- enjoy temperance and moderation
- am tasteful and discriminating

Total boxes checked: _____

Phase 5 (of 5)

- am cautious and sensible
- enjoy frequent periods of solitude and introspection
- enjoy indulging my imagination and curiosity
- keep my feelings, thoughts, and opinions to myself
- am content being anonymous or on the periphery of social events
- am considered unusual or eccentric
- involve myself in intellectual pursuits
- am content with a few good friends and minimal social activities
- am content figuring things out for myself
- am careful about what I reveal to other people
- can be a stubborn defender of the truth as I see it
- am patient and preserving in spite of defeats or dead ends
- am objective and dispassionate
- feel self-sufficient either in or out of a relationship
- choose privacy over intimacy, solitude over socializing
- pursue my own interests regardless of what others consider important
- enjoy projects that don't involve other people
- reflect upon the place of my life in the grand scheme of things

Total boxes checked: _____

UNDERSTANDING YOUR RESULTS

Count the number of boxes you checked in each phase and total them on the line provided. Each phase refers to one of the elements in Chinese Medicine as indicated below. Include your totals on the lines next to the elements below:

	Totals
Phase 1 = Wood Element	_____
Phase 2 = Fire Element	_____
Phase 3 = Earth Element	_____
Phase 4 = Metal Element	_____
Phase 5 = Water Element	_____

The element with the highest score reflects your primary personality type. It is possible for some people to have 2-3 primary elements. It is important to remember that it is not the score that counts, but the relation between the scores.

You may also want to look at the elements with the highest scores and see whether they are opposite or adjacent to each other. Example: Wood and Fire and Earth are adjacent, whereas Wood and Metal, Fire and Water, are opposite. Adjacent elements with high scores reflect a strong supporting relationship, while opposite elements with high scores reflect a strong conflicting relationship. In this context, conflict is not necessarily good or bad- it represents the potential for movement and change as well as instability.

WOOD ELEMENT

Keys To Understanding Wood:

- seeks challenge and pushes to the limit
- enjoys and does well under pressure
- admires speed, novelty, and skill
- loves action, movement, and adventure
- likes to be first, best, and only

Typical Problems:

- intolerance and impatience
- volatile emotions
- extremist, in either external or internal way
- headaches, muscle spasms, high blood pressure, nerve inflammations, migratory pain
- abuse of stimulants and sedatives

A Friendly Reminder: The power of Wood comes from the capacity to rapidly expand and build up pressure. Wood types need to modulate their intensity and stay flexible, to be able to retreat and yield as well as surge forward and be undaunted.

FIRE ELEMENT

Keys To Understanding Fire:

- relishes excitement and delights in intimacy
- keenly intuitive and passionately empathetic
- believes in the power of charisma and desire
- loves sensation, drama, and sentiment
- likes to be hot, bright, and vibrant

Typical Problems:

- anxiety, agitation, and frenzy
- bizarre perceptions
- nervous exhaustion and insomnia
- palpitations, sweating, hypoglycemia, rashes, palsy, nerve inflammations, migratory pain
- abuse of stimulants and sedatives

A Friendly Reminder: The power of Fire comes from the capacity to liberate heat and light and realize joy and fulfillment. Fire types need to temper their chemistry and contain their fervor, conserving as well as sharing their resources, withdrawing and separating as well as embracing and merging.

EARTH ELEMENT

Keys To Understanding Earth:

- wants to be involved and needed
- likes to be in charge but not in the limelight
- agreeable and accommodating: wants to be all things to all people
- seeks harmony and togetherness
- insists upon loyalty, security, and predictability

Typical Problems:

- worry, obsession, and self-doubt
- meddling and overprotective
- overextended and inert
- lethargy, unruly appetites, water retention, muscle tenderness
- unrealistic expectations and disappointment

A Friendly Reminder: The power of Earth comes from the capacity to link, nurture, and sustain. Earth types need to balance their devotion to relationship with solitude and self-expression, developing self-reliance as well as building community.

METAL ELEMENT

Keys To Understanding Metal:

- likes definition, structure, and discipline
- respects virtue, discretion, authority
- seeks to live according to reason and principle
- holds self and others to the highest standards
- reveres beauty, ceremony, and refinement

Typical Problems:

- indifference and inhibition
- autocratic, strict, and persnickety
- formal, distant, and unnatural
- stiff joints and muscles, dry skin and hair, shallow breathing, sensitive to climate, poor circulation
- self-righteousness and disillusionment

A Friendly Reminder: The power of Metal comes from the capacity to shape and refine. Metal types need to compensate for their rationality, self-control, and meticulousness with passion, spontaneity, and social involvement.

WATER ELEMENT

Keys To Understanding Water:

- articulate, clever, and introspective
- self-contained and self-sufficient
- penetrating, critical, and scrutinizing
- seeks knowledge and understanding
- likes to remain hidden, enigmatic, and anonymous

Typical Problems:

- emotionally inaccessible and undemonstrative
- isolation and loneliness
- tactless, unforgiving, and suspicious
- hardening of the arteries, deterioration of teeth and gums
- backache, chilliness, loss of libido

A Friendly Reminder: The power of Water comes from the capacity to conceive, concentrate, and conserve. Water types need to offset their toughness, bluntness, and detachment with tenderness, sensitivity, and openness, risking softness and contact, exposure and attachment.