



Determining Your Element(s)

Each Element has strengths and weaknesses. This assessment allows you to better understand your most prominent elemental energy and your secondary element. This combination helps to clarify who you are and how you see and maneuver in the world. From this information, you can better relate to others and acknowledge where they may be from a space of honoring versus judgment.

Please rate each question with a number and then total the value of each.

1 – Never, 2 – Occasionally, 3 – Sometimes, 4 – Often, 5 – Regularly

Section 1

1. I love to be active and moving.
2. I like to take risks and look for challenge(s).
3. I don't like to wait for others to lead the way.
4. I'm quick to express my opinions.
5. I like variety over routine.
6. I take pride in being first/the best.
7. I hate losing and might even cheat to win.
8. I learn by doing instead of talking about it.
9. I am not afraid of danger.
10. I like to do things fast.
11. I will act boldly and decisively, even before I have all the information.
12. I adapt quickly to new situations.
13. I tend to be impatient with others.
14. I like to reach goals.
15. I tend to blame others.
16. I tend to test rules.
17. I tend to get tension headaches or neck spasms.
18. I like to eat on the run.
19. I tend to get tense, anger easily and shout when I am stressed.
20. I like to eat for energy (crave spicy or hot foods, as well as stimulants).

_____ Value for Section 1

Section 2

21. I get excited easily.
22. I love to have fun and others think I am funny.
23. I tend to feel things intensely.
24. I look for stimulation.
25. I am naturally intuitive.
26. I am easily influenced by what others say.
27. I am passionate about the things I like.
28. I cannot seem to control my body (small movements) when I am excited or want to move onto another project/conversation.
29. I can use my charm to get what I want.
30. I like to inspire or cheer others up.
31. I love to get rewards.
32. I look on the bright side in spite of what others may say.
33. I recover quickly after being upset.
34. I tend to be dramatic.
35. I complain "I cannot do it/I give up" when I am stressed.
36. I tend to complain that I am bored.
37. I like to eat for fun (or when I am bored).
38. I tend to get dramatic symptoms (example: high fevers and loud coughs).
39. I am easily overwhelmed, oversensitive or panic when stressed.
40. I look for the people and situations that feed my passions in life.

_____ Value for Section 2

Section 3

41. I tend to get hungry fast, and crave carbohydrates.
42. I love just being in the company of other people.
43. I like to get involved in other people's lives.
44. I am caring, kind-hearted and have concern for the welfare of others.
45. I do not like when people do not get along.
46. I believe in the good intentions of others.
47. I like to fit in, but do not want to be the center of attention.
48. I like to make people feel welcome.
49. I tend to be a loyal friend.
50. I tend to be the peacemaker.
51. I tend to go along with what others say.
52. I like fitting in and being needed.
53. I can easily imagine what others need.
54. I tend to put others needs before mine.
55. I learn through relationships and stories.
56. I can become unsure, needy and worried when stressed.
57. I do not like it when anyone is left out.
58. I tend to gain weight easily.

- 59. I crave carbohydrates and sweets when stressed.
- 60. I tend to get stomachaches and I am nervous.

_____ Value for Section 3

Section 4

- 61. I prefer when things are going according to plan.
- 62. I am good at noticing details and patterns.
- 63. I prefer when everyone plays by the same rules.
- 64. I have high standards.
- 65. I am organized, meticulous and discriminating.
- 66. I tend to be very logical and precise.
- 67. I do not like change and prefer consistency.
- 68. I tend to be judgmental.
- 69. I hold back from expressing my feelings.
- 70. I enjoy taking things apart and putting them back together.
- 71. I prefer to be reserved over being excited.
- 72. I try to create order and beauty in my life.
- 73. I try to make things perfect and value intelligence.
- 74. I have strong likes and dislikes.
- 75. I love to design with details and appreciate the finer things in life.
- 76. I tend to get stuck on what's wrong instead of what is right.
- 77. I tend to get rigid and hyper-focused when stressed.
- 78. I tend to get stuck in the details and stressed.
- 79. I tend to be a picky eater.
- 80. I tend to get constipated, dry skin, eczema or wheezing.

_____ Value for Section 4

Section 5

- 81. I am a seeker of knowledge and meaning.
- 82. I am a dreamer and curious about mysteries/unknown.
- 83. I take time to react to situations and events.
- 84. I do not like to do things fast.
- 85. I prefer to keep my feelings and opinions private.
- 86. I prefer to figure things out for myself.
- 87. I do not like the spotlight or being in the limelight.
- 88. I prefer being alone to socializing too much.
- 89. I take my time getting things started.
- 90. I am suspicious of other people.
- 91. I can get lost in my imagination.
- 92. I lose track of time.
- 93. I am considered by others to be weird or eccentric.
- 94. I can be stubborn and headstrong.

- 95. I often fear the worst.
- 96. People find me hard to read.
- 97. I tend to get dull headaches.
- 98. I tend to get vague pains (example: low back pain, joint pain).
- 99. I tend to withdraw, shut down and avoid talking when I am stressed.
- 100. I tend to crave salty foods.

_____ Value for Section 5

To determine your element, look at the section which has the highest total value. This will let you know the order in which the elements present within you. Typically, we gain the most from knowing our first two prominent elements, although we can garner some additional information from our third. Below is a breakdown of aspects from each element.

The Five Elements



Wood (Section 1)

Wood is generous, expansive and cares deeply for others. As with bamboo, Wood is strong yet flexible and is a natural-born leader. Its roots dig deep into the Earth, constantly looking to expand and push forward. However, Wood also needs moisture to survive. The characteristics of Wood are often associated with sensuality and patience. However, Wood can also be intrusive and aggressive.

Wood represents benevolence. It is straight, mild and green. People rich in wood are compassionate, benevolent, amiable, easygoing, self-contained, and generous. People lacking of Wood are intolerant, jealous, and lack benevolence.

Strengths:

- Patient and understanding
- Warm, sociable, and compassionate
- Flexible and adaptable
- Stable and practical
- Generous

Weaknesses:

- Doesn't have a good grasp of boundaries or limits
- Can be too passive
- Yields easily under pressure

- Can rely too heavily on others

Wood Emotions and Sound: Wood as an element is tied to anger, frustration, and disappointment. As wood expands, it can become gnarled and stunted if it is not allowed to grow. Typically, the sound of a Wood's voice will come with some sort of shout, even if the voice is quiet.

Fire (Section 2)

Fire is always directed upward, and its energy seems never-ending. It is persistent and strong; however, it also spreads and wanders easily. Those with Fire as their element tend to be thrill-seekers, who roam from one adventurous moment to the next. Fire is often associated with warmth, passion and the need to create.

However, on the reverse side, it can also be related to aggression, impatience, and destruction. While fire can provide heat and warmth, it can also burn. Fire cannot exist on its own. While it is bright and exciting, it needs the stability of wood to continue thriving.

Fire represents courtesy. It is hot-tempered, polite and red. People rich in fire are vigorous, courteous, respectful, plain yet short-tempered. People lacking Fire are absurd, cunning, and jealous and they tend to begin well, but end badly.

Strengths:

- Passionate and enthusiastic
- Creative
- Persuasive and charismatic
- Spontaneous and adventurous
- Always up for a challenge
- Warm and loving

Weaknesses:

- Attention seeking
- Impatient
- Manipulative
- Susceptible to mood swings
- Aggressive
- Impulsive and volatile
- Dislike being alone

Fire Emotions and Sound: Joy, laughter, and passion are typically associated with the Fire element. The desire for excitement and new experience is ever persistent. The constant flickering and wavering of flames are symbolic of one's constantly flowing energy. Sometimes this sentiment can be a little too intense leading to anxiety or unease, but it serves as a reminder to maintain equilibrium, never losing that energy and burning out.

The sound of Fire is laughter. This can also be an inappropriate laugh when speaking about something sad, or a lack of laughter when speaking about something exciting.

Earth (Section 3)

Earth is stabilizing and mediating. It is a natural-born peace-keeper. Earth is patient, thoughtful, and calm. While the Earth is warm and nurturing, it can also become easily self-centered as it believes it is the center of everything. Earth is protective and represents the roots that hold everything together. However, it can also become controlling. People of this element contain a vast amount of empathy and find themselves constantly worried about the happiness of others.

Earth represents trust. It is heavy, thick and earthy yellow. People rich in earth are sincere, generous and decisive. People with too much Earth are rigid, stupid, clumsy, introverted and quiet while those who lack of Earth are vicious, grumpy, disloyal and unreasonable.

Strengths:

- Stable and rooted
- Serious, practical, and logical
- Compassionate, caring, and empathetic
- Responsible
- Loyal and honest
- Nurturing
- Organized and good at planning
- Strong and enduring

Weaknesses:

- Overprotective
- Stubborn
- Conservative — have trouble taking risks
- Reserved

Earth Emotions and Sound: The Earth element represents worry, concern, and melancholy. Other emotions tied to Earth are pensiveness, over-analysis, and obsessiveness, which one needs to be aware of so as to prevent this element from leading them to be overly controlling. Earths tend toward sympathy, which can be helpful when in balance. There is a natural sing-song quality to the voice of an Earth, and it can be soothing or overly sappy.

Metal (Section 4)

Metal is the diamond found in the rough — it is the breath of life. Metal respects itself and also respects others. It is strong and hard but will adapt and change when put under pressure. Metal is often seen to be unyielding, rigid and determined. People with this element tend to be minimalists — enjoying the simplicity of an organized, clean life.

However, on the negative side, Metal can also be forceful and controlling. Metal is matter-of-fact and does not see a need for complex or unnecessary emotion in its life.

Metal represents righteousness. It is firm and white. People rich in Metal have good health and spirit; they are resolute, decisive, generous in aiding needy people and have a sense of shame. Those with too much Metal are greedy, heartless have valor but lack strategy; while those who lack Metal are sharp-tongued, lascivious, bloody, mean and greedy.

Strengths:

- Courageous
- Ambitious and competitive
- Independent
- Determined, disciplined and focused
- High morals and high standards

Weaknesses:

- Lacks communication skills
- Stubborn and sometimes unreasonable
- Judging
- Susceptible to being cruel and merciless
- Cuts ties easily
- Jaded

Metal Emotions and Sound: Metal is associated with sadness or grief, as it represents an inability to be perfect. Serving as a reminder to remain stoic, strong, and resolute, Metal also can prevent us from relaxing and letting go. You can clearly hear the sounds of grief in their voice through a tightness from sadness, crying or deep sighing.

Water (Section 5)

In Chinese Taoist philosophy, Water represents intelligence and wisdom. Water is flexible yet strong, flowing yet still, calm yet dangerous. For Water, the surface is only the beginning, with the real movement hidden in its depths. Those with the Water element are not reclusive, however, they enjoy their own company and time for inner reflection. They are often quiet and peaceful but have a great capacity to overwhelm others.

Water represents wisdom. It is kind, smart and black or blue. People rich in Water usually have polite speech and deep consideration; they are resourceful and excel others in knowledge. Those with too much Water carry tales and are greedy and lustful while those who lack of Water are moody, timid and foolhardy, and change frequently.

Strengths:

- Diplomatic
- Observant

- Empathetic and good mediators
- Persistent and determined
- Intuitive and flexible
- Gentle yet strong

Weaknesses

- Self-Indulgent
- Too passive
- Rely on others too much
- Indecisive
- Anxious

Water Emotions and Sound: The Water element is associated with fear and is often tied to darkness and cold. This fear, however, provides one with an awareness of the potential dangers or obstacles that could knock us off course in the ebbs and flows of our life path. Much like an iceberg moving in the water, we can hear a groan or a moaning quality to the voice of Waters.