



WOOD



FIRE



EARTH



METAL



WATER

FIVE ELEMENTS

PERSONALITY ASSESSMENT TEST



Who Am I?

	<i>Personality</i>	
<i>A</i> metal	<i>Observer</i> Detached observation providing the structure for transformation	
<i>B</i> water	<i>Philosopher</i> Brings light to what is hidden through reflection and renewal	
<i>C</i> wood	<i>Leader</i> Explorer of the unknown, innovative, adaptive and expansive	
<i>D</i> fire	<i>Inspirer</i> Awakens potential and aliveness in others, influencing and enthusiastic	
<i>E</i> earth	<i>Diplomat</i> Caring for ourselves and others, balance between giving and receiving	

Five Element Personality Assessment Test

***Circle all numbers
for how you feel or act
in relationships.***

1. I love to help others reach their goals
2. I am animated and enthusiastic
3. I have a deep desire for knowledge
4. I make decisions quickly
5. I like time to reflect over things
6. I like to stay connected to others
7. I make friends easily
8. I make my decisions based on facts
9. I am competitive
10. I desire the truth
11. I have a deep sense of loyalty
12. I have great spontaneity and excitement
13. I ask a lot of questions
14. I am willing to take risks
15. I tend to be introspective
16. I am nurturing and supportive
17. I easily get bored
18. I like order

19. I am right to the point
20. I like to be alone
21. I like to defuse difficult situations
22. I am outgoing
23. I like systems
24. I like new adventures
25. I love personal growth
26. I often put the needs of others before my own
27. I love to network
28. I am good at creating structure
29. I seek causes
30. I love to see the big picture
31. I like to be needed
32. I am very aware of others feelings and thoughts
33. I like clarity
34. I like to lead
35. I am persistent and thorough
36. I tend to worry
37. I love very stimulating environments
38. I like perfection
39. I am ambitious
40. I am cautious and sensible
41. I do not need recognition but I like to be appreciated
42. I share my thoughts and feelings easily
43. I am neat and orderly
44. I feel confident and act assertively
45. I keep my feelings and thoughts to myself
46. I have great sympathy for others
47. I do not like criticism and judgment

48. I feel more comfortable when others follow procedures
49. I openly discuss my achievements with others
50. I fear revealing my inner secrets for fear of being rejected
51. Others would say that I am a peacemaker
52. I often feel it hard to live up to others expectations of me
53. I love systematic approaches to solving problems
54. I am comfortable with conflict and pressure
55. Others would say that I am a philosopher
56. I like details
57. I am impatient
58. I leave other peoples affairs to themselves
59. I think on my feet
60. I am uncomfortable with emotional situations
61. I am diplomatic and tactful
62. I have a fear of public humiliation
63. I like well defined guidelines
64. I like a challenge
65. I am calm in most situations
66. I like to keep the family connected
67. I share my feelings easily
68. I like to observe before jumping right in
69. I know what I want and go after it
70. I have great patience
71. I have a hard time accepting praise for myself
72. I love intimacy
73. I hold back my feelings and emotions
74. I judge myself harshly

75. I tend to be more private
76. I find myself rescuing others
77. I am a romantic
78. I often criticize and blame myself
79. I have a hard time letting go to relax or play
80. I see life more seriously
81. I often feel unsupported
82. I enjoy being magnetic
83. I have a fear of confrontation
84. I have a fear of making a mistake
85. I am a deep thinker
86. I feel empowered when helping others
87. I become completely involved in the events around me
88. I can be counted on to get the job done
89. I have a fear of being suffocated by others
90. I like to support others in seeing the larger vision

Five Element Personality Assessment Test

Total Up

1. Circle below the same numbers that you circled on the previous four pages
2. Total up each column by counting each circle as 1
(example: if you circled 7, 19, and 73 in column 1, your total is 3)
3. Enter totals in boxes
 - Your highest number is your Five Element type

If you have a tie go to the next page.

	<i>Earth</i>	<i>Fire</i>	<i>Metal</i>	<i>Wood</i>	<i>Water</i>
	<i>Column E</i>	<i>Column D</i>	<i>Column A</i>	<i>Column C</i>	<i>Column B</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	
<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	
<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	
<i>31</i>	<i>32</i>	<i>33</i>	<i>34</i>	<i>35</i>	
<i>36</i>	<i>37</i>	<i>38</i>	<i>39</i>	<i>40</i>	
<i>41</i>	<i>42</i>	<i>43</i>	<i>44</i>	<i>45</i>	
<i>46</i>	<i>47</i>	<i>48</i>	<i>49</i>	<i>50</i>	
<i>51</i>	<i>52</i>	<i>53</i>	<i>54</i>	<i>55</i>	
<i>56</i>	<i>57</i>	<i>58</i>	<i>59</i>	<i>60</i>	
<i>61</i>	<i>62</i>	<i>63</i>	<i>64</i>	<i>65</i>	
<i>66</i>	<i>67</i>	<i>68</i>	<i>69</i>	<i>70</i>	
<i>71</i>	<i>72</i>	<i>73</i>	<i>74</i>	<i>75</i>	
<i>76</i>	<i>77</i>	<i>78</i>	<i>79</i>	<i>80</i>	
<i>81</i>	<i>82</i>	<i>83</i>	<i>84</i>	<i>85</i>	
<i>86</i>	<i>87</i>	<i>88</i>	<i>89</i>	<i>90</i>	
<i>Totals</i>					

If you have a tie go to the next page.


Five Element Personality Assessment Test

*Relationship **If you have a tie:***

1. Go to the columns below that were tied.
2. Read the description of the tied columns and choose the one description that most fits you.
3. Go to the blueprint descriptions on the next page.

Column E	Column D	Column A	Column C	Column B
<p>In times of stress:</p> <p>I feel helpless and out of control.</p> <p>I become overly responsible.</p> <p>I feel like there is no way out.</p> <p>I feel responsible for making everyone happy.</p> <p>I feel unsupported.</p> <p>I often feel defeated.</p>	<p>In times of stress:</p> <p>I fear disapproval so I try to please my partner.</p> <p>I feel unable to take a stand.</p> <p>I feel impatient.</p> <p>I do not want to be alone.</p> <p>I crave recognition and approval.</p>	<p>In times of stress:</p> <p>I become overly-inflexible.</p> <p>I become rigid and look for what is wrong.</p> <p>I feel guilty for standing up for myself.</p> <p>I fear confrontation.</p> <p>I am unable to express my anger.</p>	<p>In times of stress:</p> <p>I feel driven to achieve.</p> <p>I become controlling and blaming.</p> <p>I feel inadequate so compensate by appearing superior.</p> <p>I build up barriers to protect myself from feeling insecure.</p> <p>I have difficulty letting go to relax or play.</p>	<p>In times of stress:</p> <p>I withdraw and hide my feelings.</p> <p>I become invisible.</p> <p>I become reclusive, unresponsiveness, and inaccessible.</p> <p>I feel different and separate from others.</p> <p>I have the feeling that I am all alone.</p>

Five Element Personality

	<i>Strength</i>	<i>Weakness</i>	
<i>A</i> metal	<i>Observer</i> Detached observation providing the structure for transformation	<i>Inflexible</i> Over structured, rigid, stuck	
<i>B</i> water	<i>Philosopher</i> Brings light to what is hidden through reflection and renewal	<i>Invisible</i> Brings light to what is hidden through reflection and renewal	
<i>C</i> wood	<i>Leader</i> Explorer of the unknown, innovative, adaptive and expansive	<i>Controller</i> Over-do, over-performer, over-direct	
<i>D</i> fire	<i>Inspirer</i> Awakens potential and aliveness in others, influencing and enthusiastic	<i>Performer</i> Loss of identity, gives self away, overexcited, overextended	
<i>E</i> earth	<i>Diplomat</i> Caring for ourselves and others, balance between giving and receiving	<i>Rescuer</i> Inequality, taking on more than our share, unsupported	