



Five Element Personality Tests

THE FIVE ELEMENT PERSONALITY QUIZ

The following twenty multiple-choice questions are designed to help you to determine your dominant personal elements of Wood, Fire, Earth, Metal, and Water.

You might find that you are overwhelmingly one element, or a combination of two, or even three. You might also discover that you are quite deficient in one or two of the elements. Hopefully, this knowledge will give you greater insight into your behaviors, natural gifts, and challenges and illuminate why you make some of your choices in life. Use this wisdom to nurture those gifts and to appreciate and develop creative new ways to recognize and face your challenges.

To get the best results from this test, consider each of the twenty questions and then choose one of the five answers that best describes your behavior or personality in that situation. It's tempting to choose the answer that illustrates whom you might

like to be, or how you would prefer to behave, but to help yourself find your true element, be introspective and honest in choosing your answers. For instance, when you have a question such as number thirteen, where you are asked to consider what kind of tree best fits your personality, choose the one that represents who you actually are, not the tree that you would prefer to be like.

Some of my students and clients have told me that if they find that they identify with every single answer, or cannot decide between a couple of them, they ask themselves which answer their family and friends would choose for them, and that usually gives them helpful insight.

THE FIVE ELEMENT PERSONALITY QUIZ

1. My movements are
 - a. focused, fast, direct
 - b. spontaneous, animated, scattered
 - c. slow, deliberate, plodding
 - d. precise, composed, rigid
 - e. swaying, sensual, meandering

2. I could most be described as:
 - a. a rooted tree
 - b. a flickering flame
 - c. a warm stone
 - d. an elegant diamond
 - e. a flowing stream

3. In an emergency situation such as an accident, if I am in a group, my role is most likely to
 - a. immediately begin a rescue
 - b. march right to the heart of the fray and provide loving comfort to the victims
 - c. though overwhelmed, give support to whoever needs it most
 - d. quickly and efficiently take care of details like calling 911 or giving directions
 - e. step back and assess the situation, especially the safety issues

4. I have a weekday doctor's appointment and have a full schedule at work/home; the doctor is late. I
 - a. get angry and let the staff know it
 - b. use my humor to entertain myself and pass the time



- c. become worried and agitated
 - d. wait a reasonable amount of time, then if I must leave, make another appointment
 - e. become impatient, especially since I have an issue with being late
5. My ideal first date would be
- a. something sporty, active
 - b. anything fun with lots of talking and laughing
 - c. a movie and a pizza at my cozy neighborhood café
 - d. dinner at a fine restaurant, or the arts
 - e. dinner at a small café, and a meandering walk talking about poetry or politics
6. My sweetie and I are celebrating our first year together. I'd love to
- a. go on a kayaking trip
 - b. go to a B&B in the wine country and have lots of romance and laughs
 - c. stay home, go to the movies, putter together in the garden
 - d. go to an upscale resort and enjoy the local museums and end with a quiet, elegant dinner
 - e. go anywhere where we can sleep late, meander all over town all day and night taking our time and just seeing what happens
7. I am going to a business conference where spouses or loved ones are welcome. I
- a. would rather go alone and concentrate on my work in order to make new business connections
 - b. can't wait—it'll be great fun for us both to do something new and meet new people
 - c. like to have my loved one come with me to give me confidence and comfort in social situations
 - d. think that's lovely—he/she provides a wonderful excuse not to have to spend too much time with the others in the evening
 - e. would like my loved one to see me in my element
8. I'm on my way to spend a pleasant couple of hours alone at a favorite place when I get stuck in a traffic jam, without my cell phone. I am most likely to
- a. get angry, blow my horn
 - b. turn up the radio and sing along; smile and shrug lightheartedly with those stuck next to me
 - c. worry that there might be an accident or something else bad up ahead



- d. stay cool knowing this, too, shall pass
 - e. use the downtime to daydream and think
9. When my loved one is away for several days on business, I
- a. use the free time to work out, catch up on work
 - b. send them fun, loving messages; have fun with my friends
 - c. worry if they're all right, especially if they don't call or e-mail me frequently
 - d. am fine—I miss my loved one, but I don't need to express it; besides, I don't want to distract him/her from work responsibilities
 - e. use the time to do quiet, sensual things like take a long bath, have a massage, read
10. Giving a dinner party is
- a. good for impressing the boss or new clients
 - b. fun, fun, fun
 - c. a lot of work, overwhelming
 - d. best when well planned
 - e. a wonderful way to bring together interesting people who enjoy good conversation and friendly debate
11. If a friend betrays me, my nature is to
- a. confront him or her, perhaps even yell or retaliate
 - b. be heartbroken and blame myself even when I know it's not my fault
 - c. be sick to my stomach, then try to understand, even patch things up
 - d. cut him or her off
 - e. retreat, intellectualize, and then be determined to seek true justice and fairness for both of us
12. If I were water, I would be described as
- a. raging, rushing rapids
 - b. the mist that scatters and dances at the bottom of a beautiful waterfall
 - c. a comforting pond
 - d. a cool, beautiful glacier
 - e. a flowing river
13. If I were a tree, I would be described as a
- a. redwood
 - b. cherry tree in bloom
 - c. Douglas fir



- d. winter birch
 - e. magnolia
14. If I were fire, I would be
- a. raging
 - b. playful
 - c. warming
 - d. contained
 - e. mysterious
15. If I were made of earth, I would be described as
- a. a mountain
 - b. sparkling desert sands
 - c. clay
 - d. fine, cool, white sand
 - e. a sand dune
16. I am attending an office seminar where my office team will have to role-play assigned scenarios. I
- a. think it's ridiculous and will do everything in my power not to participate
 - b. try to add some flare and entertainment
 - c. am willing to try, as long as it's not embarrassing to anyone on the team
 - d. would rather help plan or direct than perform
 - e. think it might be an interesting way to find out who each of my teammates really is, deep inside
17. When someone looks me in the eye, I think they are responding to my
- a. intense eyes
 - b. sparkling eyes
 - c. warm eyes
 - d. cool eyes
 - e. dreamy eyes
18. When my friend is in an emotional crisis and asks me for good advice, I
- a. expect my friend will follow it
 - b. know my friend realizes I come from the heart even if the advice doesn't solve the problem
 - c. often feel drained, as though I have taken on the weight of my friend's problem



- d. try not to get too involved in my friend's personal crisis
- e. first help my friend find the truth in the problem and then suggest how he or she might find a just solution

19. I wish I had more control of

- a. my temper
- b. my heart
- c. my worrying
- d. my time
- e. my fears

20. I do my best work when

- a. I am in charge
- b. I love what I am doing
- c. I know I can be of service to others
- d. my environment is uncluttered and I feel centered
- e. I am able to approach the project from as many angles as I need to before committing to the final direction

KEY TO ANSWERS FOR THE FIVE ELEMENT PERSONALITY QUIZ

If your answers were mostly the letter

- n *a* you are predominately Wood element
- n *b* you are predominately Fire element
- n *c* you are predominately Earth element
- n *d* you are predominately Metal element
- n *e* you are predominately Water element

THE FIVE ELEMENT TEST

Each of the following five tables, A, B, C, D, and E, contains twelve words or phrases. Check the words or phrases that most accurately describe your personality, behavior, or traits.

Of course, these words or phrases often describe us all at some time or other. What we are establishing in this test is which ones describe us accurately and consistently in most situations or behaviors.

For instance, in Table A you might check *competitive* because you are willing to stand up and fight for your beliefs or for what is yours. But that does not accurately describe a competitive personality—one who is always competing, is forceful, and above all needs to win. Just as a person who can be romantic with their loved one might not be considered a romantic personality—one who approaches most relationships and situations from a heart-first, above all else, romantic perspective.

TABLE A

competitive
leader
impatient
warrior/protector
focused
challenging/push boundaries
big personality/loud
temper
independent
forceful
be in control

TABLE B

romantic
magnetic
scattered
whimsical
animated
sparkling
charming
talkative
spontaneous
performer
fun/funny
expressive

TABLE C

stable
caretaker
child-oriented
worried
nurturing
dependent
predictable
connected to others
comfy
supportive
passive
food-oriented

TABLE D

perfection
cool
precise
logical
organized
analytical
practical
poised
aloof/reserved
disciplined
critical/cutting
authoritative



TABLE E

mysterious

wise/wisdom

defender/seeker of truth

academic/intellectual

argumentative

determined

contemplative/dreamy

persuasive

imaginative

cautious

restless

sensual

KEY TO ANSWERS FOR THE FIVE ELEMENT TEST

- n Table A represents the Wood element
- n Table B represents the Fire element
- n Table C represents the Earth element
- n Table D represents the Metal element
- n Table E represents the Water element

