

# FIVE ELEMENT ASSESSMENT QUESTIONNAIRE

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The Five Element Assessment helps you understand what elements are dominant in your life at this time. In order to get an accurate assessment, answer the questions according to who you are today, not who you used to be or who you wish to be. The results can be used to help you design your home and work environments to support your well-being. Although some questions are about your general health, the assessment is not intended as a substitute for evaluation of any medical condition.

**Answer all questions using the following scale:**

**5 – This describes me almost all the time**

**4 – This describes me frequently**

**3 – This describes me occasionally, but is not characteristic of me**

**2 – This describes me infrequently**

**1 – This rarely, if ever, describes me**

## Part 1

- Are you a natural born initiator?
- Do you act assertively and confidently?
- Do you resist authority figures?
- Do you find that people and activities move too slowly for you?
- Do you like struggling against all odds, proving yourself to others?
- Are you always doing something or going somewhere?
- Do you have high blood pressure?
- Do you strongly resist giving in to a compromise?
- Do you always want to be first and best?
- Does confinement and sitting quietly drive you crazy?
- Do you get frequent muscle cramps?
- Do you like to make all the rules and then break them?
- Do you pioneer new trails wherever you go?
- Do your nails alternate between hard and thick, and dry and brittle?
- Are you impatient with people who seem to have no direction in life?
- Do you strongly resist showing vulnerability?
- Do you love speed and adventure?
- Have you ever had tendonitis?
- Do you manipulate situations to get what you want?
- Is it difficult for you to control your anger?
- Do you find any kind of restraint insufferable?
- Do you do your best work under pressure?
- Are you considered moody?
- Is your personal freedom a supreme value in your life?

     ***Add score for Part 1***

**Over →**

**Part 2**

- Are you highly motivated to seek the divine?
- Are you charismatic?
- Do you have heart problems?
- Do you have an extreme aversion to pain?
- Do you love drama, performing, and being in the spotlight?
- Are you often spontaneous?
- Do you get sores on your tongue or around your mouth?
- Can't say no to anyone?
- Do you tend to be more emotionally intense than your friends?
- Have you ever had a speech impediment?
- Do you love to give your opinion?
- Do you fear separation above all else?
- Are you clever on your feet?
- Do you desire personal fulfillment more than almost anything?
- Do your cheeks turn red easily?
- Could you be described as extravagant?
- Are you bright and scintillating at social gatherings?
- Do you have eczema or other skin eruptions?
- Do you enjoy talking during most activities?
- Do you have trouble with boundaries in relationships?
- Is the need for intimacy and merging a strong motivation for you?
- Do you suffer from anxiety or insomnia?
- Are you mostly optimistic and enthusiastic about life?
- Are you strongly empathetic?

     *Add score for Part 2*

**Over →**

**Part 3**

- Do you see yourself as a service-oriented person?
- Are you working on being more self-reliant?
- Do your friends often use you as a negotiator?
- Is bloating and water retention a problem?
- Do you struggle with inertia and feel “stuck” sometimes:
- Does nurturing come easy to you?
- Do you like to be in charge but not in the spotlight?
- Does your need to be accommodating sometimes result in conformity?
- Is a need to belong strong in you?
- Do you suffer with muscle tenderness?
- Do you regard loyalty as one of the most important traits in a person?
- Are you conservative in your thinking?
- Are you the family member or friend who knows what’s going on in everyone’s lives?
- Do you suffer with swollen glands and other lymphatic disorders?
- Would you like things to be more predictable?
- Do you tend to be overly protective?
- Do unrealistic expectations leave you disappointed much of the time?
- Do you try to be all things to all people?
- Have you recently gained weight?
- Are you considered a worrier?
- Do you feel you haven’t been recognized for your efforts?
- Are you prone to obsessive thoughts and actions?
- Are you the family member or friend who remembers everyone’s birthday?
- Are you regarded as the peacemaker by friends and family?

     *Add score for Part 3*

**Over →**

**Part 4**

- Do you hold righteousness and virtue in high regard?
- Are rituals important to you?
- Is chaos your enemy?
- Do you have stiff joints and muscles?
- Do you have no time for nonsense?
- Do you hold very precise standards?
- Are you very sensitive to temperature change?
- Is clarity and agreement important to you?
- Are you a law and order person?
- Is your skin or hair really dry?
- Are you considered a perfectionist?
- Do you fear intimacy?
- Do you have a strong artistic sense or an eye for good design?
- Does carelessness in others drive you up the wall?
- Are you considered cool, dispassionate, and distant?
- Are reason and high principles your guiding lights?
- Are you considered a little too strict and nit-picky?
- Do you have elegant or refined tastes?
- Is social involvement on the bottom of your list of things to do?
- Do you have sinus problems?
- Does your high level of self-control drive your spontaneous friends crazy?
- Do you know best?
- Is it difficult for you to experience or release powerful emotions?
- Are you good at providing structure and boundaries for others?

*Add score for Part 4*

**Over →**

**Part 5**

- Would you describe yourself as introspective?
- Is the search for truth a prime motivator in your life?
- Do you have a very strong sex drive?
- Are you highly creative, imaginative and original?
- Do you dislike superficiality more than anything?
- Do you pride yourself on being self-contained and self-sufficient?
- Is rapid deterioration of teeth or gums a problem?
- Do you seek the deep mystery in everything?
- Do you suffer with frequent backaches?
- Do you occasionally catch yourself being tactless or thoughtless?
- Do you have a very penetrating and critical mind?
- Do you hate waste and conserve everything?
- Is the desire to stick-to-it one of your strongest virtues?
- Do you have hardening of the arteries?
- Is it difficult for you to share your things with others?
- Do you suffer from a feeling of chronic isolation?
- Are you afraid of losing yourself in others?
- Are you considered enigmatic and eccentric by your friends?
- Do you often feel misunderstood?
- Are you awkward in social situations?
- Do you resist conformity?
- Do you have kidney or bladder problems?
- Are your hands and feet likely to be cold?
- Do you have remarkable powers of concentration?

*Add score for Part 5*

**Over→**

**Part 1 Score** \_\_\_\_\_ **This is your WOOD score**

**Part 2 Score** \_\_\_\_\_ **This is your FIRE score**

**Part 3 Score** \_\_\_\_\_ **This is your EARTH score**

**Part 4 Score** \_\_\_\_\_ **This is your METAL score**

**Part 5 Score** \_\_\_\_\_ **This is your WATER score**