

Five Element Questionnaire

Name: _____ **Date:** _____

QUESTIONNAIRE 1-STRESS RESPONSE

Place a score on the line next to each statement, based on the following scale:

0=Never

1=Rarely

2=Occasionally

3=Often

4=Constantly

Write the score next to each statement. Add up the score for each section and put it at the bottom of each section.

Under prolonged stress, I experience the following:

SECTION A

___ Headaches
___ Muscle tightness and tension
___ Frustration and irritation
___ Heartburn or reflux
___ Anger and aggressiveness
___ Inability to relax
___ Eyestrain
___ Hostility
___ Insomnia

___ **TOTAL SECTION A**

SECTION B

___ Fatigue, low energy
___ Depression/emotional flatness
___ Insomnia
___ Digestive bloating or diarrhea
___ Upper back or neck pain
___ Confusion and hesitation
___ Irritability, especially with other people
___ Chest pains
___ Restlessness
___ Change in libido

___ **TOTAL SECTION B**

SECTION C

___ Feeling misunderstood
___ Strong need to find support
___ Digestive upset
___ Change in appetite
___ Lethargy
___ Sinus problems
___ Frontal headaches
___ Poor concentration
___ Craving sweets
___ Poor sleep

___ **TOTAL SECTION C**

SECTION D

___ Respiratory infections
___ Sadness, depression, feeling of loss
___ Feeling cut off from others, distant
___ Constipation and colon problems
___ Skin problems
___ Everything appearing negative
___ Mental fatigue
___ Nasal symptoms
___ Acting critical and demanding
___ Feeling rigid and inflexible

___ **TOTAL SECTION D**

SECTION E

___ Low back or neck pain
___ Deep fatigue, poor stamina
___ Feeling chilled, unable to get warm
___ Fear
___ Taking excessive risks
___ Overwhelmed, unable to cope
___ Withdrawing from others
___ Neck stiffness
___ Retreating, "hiding under the covers"
___ Being overly cautious

___ **TOTAL SECTION E**

QUESTIONNAIRE 2-PERSONALITY TRAITS

This questionnaire is designed to identify tendencies that relate to the Five Adaptation Types. Please answer these questions as honestly as possible. Though many of these traits are not considered desirable, answering the questions will accurately help you identify your specific Adaptation Type.

Place a score on the line next to each statement, based on the following:

0=Strongly disagree

1=Disagree

2=Neutral

3=Agree

4=Strongly agree

Write the score next to each statement. Add up the score for each section and put it at the bottom of each section.

SECTION-A

- ___ It is hard for me to change after making a decision
- ___ I often delay making decisions
- ___ I am disorganized at home or at work
- ___ I tend to challenge and question authority
- ___ I strongly dislike being out of control of a situation
- ___ I get frustrated easily
- ___ I strongly dislike something stopping me from achieving a goal
- ___ I cannot stop myself from being hard driving and overly focused on the future
- ___ Incompetence really bothers me
- ___ I feel angry too often and inappropriately
- ___ I carry a lot of tension in my muscles
- ___ I can be too aggressive when stressed.
- ___ Alcohol use can cause problems for me
- ___ I seem to often have conflicts with other people
- ___ I overreact to injustice and can take on causes inappropriately
- ___ **TOTAL SECTION A**

SECTION-B

- ___ I have trouble seeing the humorous side of life and laughing easily at problems
- ___ I am not very passionate about life, relationships or work
- ___ I am not naturally an optimist
- ___ Once I've started on a project, I find it hard to maintain enthusiasm
- ___ I experience significant mood swings
- ___ I often feel very vulnerable emotionally, especially in relationships
- ___ I tend to be shy; it is not easy for me to make new friends
- ___ I often do not feel very happy or joyous
- ___ It is difficult for me to share my innermost feelings
- ___ It is very important to me that people like me
- ___ I can be too melodramatic

- ☐ I feel quite anxious about many areas in my life
- ☐ I get overwhelmed with too many choices
- ☐ I have sleep problems when upset
- ☐ I often feel fatigued, especially after emotional upsets
- ☐ There was not much affection in my childhood home

☐ **TOTAL SECTION B**

SECTION-C

- ☐ I do not feel satisfied or content with my life or myself
- ☐ I find myself being the caregiver in relationships
- ☐ I do not like people giving me sympathy when I have a problem
- ☐ I feel insecure with myself
- ☐ Food and eating play a large role in my life
- ☐ I have had weight problems
- ☐ I dwell on problems too much
- ☐ My mother did not give me enough space, and I often feel smothered
- ☐ My mother was not very nourishing to me
- ☐ I often want attention from others when I do not feel well
- ☐ I do not remain calm under stress
- ☐ I worry too much about my family and myself
- ☐ I tend to be opinionated and do not change my mind easily
- ☐ I don't like being asked to help others when I have my own problems
- ☐ I tend to be too self-absorbed
- ☐ I offer way too many details when talking about a problem

☐ **TOTAL SECTION C**

SECTION-D

- ☐ It is hard for me to live up to my own expectations
- ☐ I get upset when I don't clear guidelines at work or in relationships
- ☐ I do not express emotions easily
- ☐ I have many regrets about my life
- ☐ I am frequently sad or melancholic
- ☐ I am rigid and inflexible once my mind is made up
- ☐ I have problems with feeling good about myself
- ☐ I hold on to grudges, especially when I feel wronged by someone
- ☐ I often have difficulty pleasing my father; he was critical of me
- ☐ I do not get the respect that I deserve from family or work
- ☐ It is hard to gain my respect
- ☐ I am easily offended by improper conduct
- ☐ I tend to withdraw and cut myself off from others when upset
- ☐ I am often critical of others
- ☐ It takes me longer to get over a loss than it does for other people
- ☐ I am too materialistic

☐ **TOTAL SECTION D**

SECTION-E

- ☐ I often focus on risks and dangers
- ☐ I have difficulty trusting that everything will be all right
- ☐ I feel overwhelmed, unable to cope
- ☐ I “hibernate” when upset
- ☐ I am cautious and careful
- ☐ I often feel quite fragile physically or emotionally
- ☐ I often have fears that are probably unwarranted
- ☐ I can be suspicious and mistrusting of people’s motives
- ☐ I do not like to let people know what I am thinking or feeling
- ☐ I often look for reassurance that everything is all right
- ☐ I get easily depleted; my reserves are not good
- ☐ I take on too much and often do not know my own limits
- ☐ I often push until I am exhausted
- ☐ I see myself as very ambitious
- ☐ I take excessive risks
- ☐ I am very persistent even when it’s not appropriate

☐ **TOTAL SECTION E**

QUESTIONNAIRE 3-ADAPTATION ABILITIES

The statements in this questionnaire describe how you might respond to stressful situations. Grade these statements based on how you have responded to previous stressful situations.

Place a score on the line next to each statement, based on the following:

0=Strongly disagree

1=Disagree

2=Neutral

3=Agree

4=Strongly agree

Write the score next to each statement. Add up the score for each section and put it at the bottom of each section.

SECTION-A

- ☐ I tend to get more focused and effective under stress
- ☐ I am good at figuring out what needs to be done
- ☐ I am good at seeing the whole situation, making a new plan and executing it well
- ☐ I am decisive
- ☐ I don't let anyone push me around
- ☐ I can fight through a problem
- ☐ I enjoy being competitive
- ☐ I like to do things my way when under stress
- ☐ I rarely lose or shy away from an argument
- ☐ I am comfortable directing or leading others
- ☐ I dislike being criticized
- ☐ I have a clear vision of how I want the future to look

TOTAL SECTION A

SECTION-B

- ☐ I maintain a strong desire to be with friends even if I'm stressed
- ☐ I am usually energetic and enthusiastic
- ☐ I am an optimist and remain positive in my outlook
- ☐ I take initiative and am able to overcome hesitation and doubts
- ☐ I am action oriented under stress
- ☐ I am confident, generous of spirit and warm
- ☐ I have good communications skills
- ☐ I am passionate and expressive of affection
- ☐ I stay happy, lighthearted and playful—I see humor in life even when stressed
- ☐ I enjoy emotional intimacy and can share my innermost feelings
- ☐ I am able to set priorities well
- ☐ I am good at sorting information well, without hesitation

TOTAL SECTION B

SECTION-C

- ☐ I am caring, considerate, empathetic and concerned about others

- ☐ When under stress, I see myself as grounded, stable, reliable and predictable
- ☐ I remain calm under stress
- ☐ People often turn to me for support and understanding
- ☐ I am a consensus builder, tactful and diplomatic
- ☐ I am thoughtful and able to clearly form my own opinions and ideas
- ☐ I go out of my way to help others when we are all under stress
- ☐ I am friendly and create networks of friends
- ☐ I am or would be a nourishing and supportive parent
- ☐ I do not obsess about problems
- ☐ I feel contented, secure and satisfied with myself
- ☐ I am considerate and agreeable

☐ **TOTAL SECTION C**

SECTION-D

- ☐ I feel quite confident in my ability to persevere in difficult situations
- ☐ I am very reliable during stressful times
- ☐ I do not hold onto grudges, emotional upsets or negative emotions
- ☐ I do not dwell on losses and regrets
- ☐ I prefer a neat, orderly and well-defined lifestyle
- ☐ I value virtue, a strong moral code and principles, over fulfillment or pleasure
- ☐ I often prefer to handle stressful situations on my own
- ☐ I keep my emotions under control when stressed
- ☐ I maintain a quiet resolve
- ☐ I have the deeper strength needed to deal with stress
- ☐ Being outdoors in nature helps me deal with stress
- ☐ I deal with stress in logical, precise, methodical and structured manner

☐ **TOTAL SECTION D**

SECTION-E

- ☐ I feel I have the wisdom to know what is to be done in most stressful situations
- ☐ Expanding my base of knowledge and seeking teachers are important to me
- ☐ I am courageous and determined
- ☐ I strongly trust that stressful situations will be resolved
- ☐ I am relatively fearless
- ☐ I have a strong will to succeed and survive
- ☐ Under stress I feel determination and have great inner resources
- ☐ I am quietly relentless and persistent in getting to a solution
- ☐ I am careful, cautious and perceptive of risks and dangers
- ☐ I am clever and intelligent in matters of survival
- ☐ I am confident and know my limits in what I can handle in a stressful situation
- ☐ I can overcome obstacles

☐ **TOTAL SECTION E**

QUESTIONNAIRE INSTRUCTIONS

Follow the directions for each of the three questionnaires.

- Total the score for each section of all three questionnaires.
- For each section (A through E) add the total of Questionnaire 1 plus Questionnaire 2
- Subtract Questionnaire 3 totals from the totals of Questionnaire 1 and 2

For example, if the score in Questionnaire 1, Section A, is 20, Questionnaire 2, Section A, is 15, and Questionnaire 3, Section A is 30, your total is 5.

-Questionnaire 1, Section A=20
 -Questionnaire 2, Section A=15 A+B=35
 -Questionnaire 3, Section A= -0, then subtract this from the total above
 -(20 + 15 – 30 = 5)

- The sections with the two highest scores comprise your Adaptation Types; the highest score is the Primary Type and the other is the Secondary Type.
- The code for each Type is as follows:

- Section A is Wood Adaptation Type
- Section B is Fire Adaptation Type
- Section C is Earth Adaptation Type
- Section D is Metal Adaptation Type
- Section E is Water Adaptation Type