

The 5 Elements of Energy Medicine













Self - Inventory

Read and rate each of the statements for yourself on a scale of 0-5, **where 0 is never true and 5 is always true.** Then tally your scores for each Element. While a high score does not necessarily means you have found your dominant Rhythm, these questions can help you weigh your relative resonance with the characteristics assigned to each one.






Water






Score

-  I yearn for meaning to this experience on earth _____
 -  I suspect people and their secrets and do not want my secrets exposed _____
 -  I am very introspective and can pull deep into myself and cut off from the world _____
 -  Ideas, more than people, stir my soul _____
 -  Fear is the emotion that disables me the most _____
 -  I tend to believe that the world is a dangerous place and one needs to be careful _____
 -  It takes me a while to really trust someone _____
 -  I love my solitude _____
 -  I am curious _____
 -  I am eager, feel driven to read or write daily _____
- Water Total _____

Wood











Score

-  I am very assertive and clear about where I stand _____
-  I can marshal my intellect and my vision can lead others _____
-  I am bold and decisive _____
-  I am fiercely independent _____
-  I enjoy organizing and structuring any situation _____

-  I get muscle tightness or tension _____
 -  When someone is obviously being treated unfairly, I stand up for the oppressed _____
 -  Having a cause is extremely important to me _____
 -  I get stronger in conflict _____
 -  I am a good leader and can direct others easily _____
- Wood Total** _____

Fire











Score

-  Feeling panic is very familiar _____
-  I am spontaneous, optimistic and energetic _____
-  I am a very passionate person _____
-  I laugh and/ or giggle a lot _____
-  I often get tongue-tied or mix up my words _____
-  I love safe, heart-felt contact with others _____
-  If my close relationships are not stable, I am not stable _____
-  I feel joy and express it a lot _____
-  Being on stage really "fires" me up _____
-  I want to be around people _____

Fire Total _____

Earth

Score

-  I find myself in the middle a lot _____
-  I am naturally compassionate and supportive _____
-  I love spending time with my family and am the hub of family or social networks _____
-  Everyone confides their secrets and stories to me _____
-  I would never humiliate anyone publicly _____
-  Activities like cooking, music-making, gardening, homemaking, sewing, woodworking and crafts are very important to me _____
-  I have some problems in balancing the needs of others with my own _____
-  I am very loyal and will "be there" for one in need _____
-  I serve others and help them in their transitions _____
-  I can socialize easily with people with I don't know _____

Earth Total _____

Metal

Score



I tend to be neat and orderly in my personal surroundings



I put virtue and principles before fun



I like tasks that require systematic, logical and analytical problem solving



Integrity and excellence are extremely important to me



I hunger for what seems to be an unattainable spiritual connection



I take pride in being efficient and methodical



I appreciate it if I can do more and be better than others



I am self-contained and not overly involved in other's people affairs



I isolate from people to get to my work



I can wait my turn, I take my time and then I state my opinion precisely

Metal Total _____

Scores:

Water: _____

Wood: _____

Fire: _____

Earth: _____

Metal: _____