

The Five Elements Personality Quiz

Discover Your Primary Five Elements Personality



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There's a reason that the Five Elements model from ancient Chinese medicine has survived over the millennia – it works to describe anything and everything! At its core, the Five Elements model is used to describe phases and interactions found in the natural world.

The phases are represented by Water, Wood, Fire, Earth, and Metal and can be used to describe absolutely anything, including people and their personalities.

Want to discover your primary elemental personality and learn how to get along better with everyone, including yourself? Take this quick quiz! A word to the wise regarding personality quizzes: Scores on quizzes can tend to show your elemental personality at the time you took the quiz. This means that if you just finished cooking dinner, you might show a stronger Earth tendency than at other times. Or if you just came home from a fun party (lucky you!), there might be a bit more Fire in your answers. Regardless, a quiz can certainly offer insight, especially if you are honest with yourself. Enjoy!

Instructions: Place a checkmark next to each statement that applies to you.

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Section 1:

- I do all I can to avoid being alone.
- A yes from me doesn't always mean yes.
- I am excited about life.
- I laugh and giggle a lot, sometimes too loudly or at the wrong time.
- Difficult situations fluster me.
- Noisy, busy places make me happy.
- I can easily let bygones be bygones.
- Secretly, I long for support and abundant praise; I often doubt myself.
- I have a thin skin; what others say about me matters.
- Sensual pleasures are important to me.

Section 2:

- I am impulsive and need to act.
- The ends often justify the means for me.
- I come alive under pressure.
- I am fiercely independent.
- I enjoy planning and organizing everything.
- Chaos brings me to my knees.
- When people are treated unfairly, I stand up for them.
- I am competitive and need to win, even with close friends and family.
- Direct and straightforward, I sometimes come on too strong.
- Taking risks is natural for me.

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Section 3:

- ___ I put virtue and principles before having fun.
- ___ I enjoy tasks that require systematic, logical, analytical problem- solving.
- ___ Life can feel sad and empty sometimes.
- ___ I am a perfectionist and can be extremely critical of myself.
- ___ Superficiality bores me.
- ___ I set high standards for myself and expect the same of others.
- ___ I often feel very inhibited.
- ___ I like to do more and be better than others, and I want people to notice.
- ___ Spontaneity frightens me.

Section 4:

- ___ I'm very suspicious of other people.
- ___ I tend to avoid intimate relationships.
- ___ I am patient and persevere even when the odds are against me.
- ___ Ideas stir me and ignite my imagination.
- ___ I can become deeply depressed for no apparent reason.
- ___ It takes time for me to trust someone.
- ___ I believe the world can be dangerous and I need to be cautious.
- ___ I will stand up for myself when others disagree, but I dread this happening.
- ___ I'm always curious about things.
- ___ I yearn for meaning in all aspects of my life.

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Section 5:

- I find myself in the middle a lot, but I'm only trying to help.
- Feeling left out hurts me deeply.
- I can easily mold myself into different people and situations.
- I am always accessible to my friends, day or night.
- People say it's easy to tell me their secrets.
- I love happy endings.
- I find it difficult to ask others for help.
- I love cooking, sewing, decorating, and everything about crafts.
- I tend to obsess about problems if I'm upset
- Food, especially sweets, is often my best friend.

Scoring The Five Elements Personality Quiz

The questions are categorized and grouped according to the section they are in. Total the number of check marks you had for each section and enter those numbers in the chart below.

The element with the highest number of check marks is likely your primary elemental personality. The second highest will be your secondary elemental personality, and so on.

Total # of 1s Total # of 2s Total # of 3s Total # of 4s Total # of 5s

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Results of The Five Elements Personality Quiz

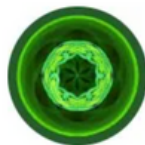
Pull the numbers from the totals above to find your primary and secondary elements.

If you got mostly 1s, your primary element is **Fire**. Mostly 2s are **Wood**, 3s are **Metal**, 4s are **Water**, and 5s are **Earth**.

Total # of 1s Total # of 2s Total # of 3s Total # of 4s Total # of 5s



(Fire)



(Wood)



(Metal)



(Water)



(Earth)

Now that you've identified your primary and secondary elements, what do you do with that information? You start using it to get along better with everyone! My book, **[The Five Elements of Relationships: How to Get Along with Anyone, Anytime, Anyplace](#)** will help. It gives in-depth descriptions of each of the Elemental Personalities so you can better understand yourself and those around you. It will also help you enhance every relationship you have so you can build harmonious connections with anyone, anytime, anyplace.

[Get your copy of The Five Elements of Relationships today!](#)