

Your name: _____

Determine your Energy Composition

This questionnaire is a diagnostic tool for acupuncturists to get a clear reading of a your energy composition for more effective treatments.

The five phases refer to **Wood, Fire, Earth, Metal, and Water** in Eastern philosophy. The **Principle of the Five Phases** (known as the Wu Xing in Chinese) describes the flow of Qi and the balance of yin and yang.

According to the principle, all change — in the universe and in your body — occurs in five distinct stages. Each of these stages is associated with a particular time of year, a specific element in nature, and a pair of organs in the body.

Change links together the seasons of the year, aspects of nature, and your body's organs and bodily processes. A practitioner of traditional Chinese medicine uses this principle to diagnose and treat health problems, linking specific foods, herbs, and acupuncture points to the restoration of yin-yang and Qi.

This questionnaire is a reading of your 5 phases, **as they exist now**, according to your own testimony.

Please do not put down what you **want to be** instead of **what you are** or it won't be accurate.

Score each question like this:

- +2 If the question sounds a lot like you
- +1 If it is somewhat like you
- 0 is neutral.
- 1 is not much like you,
- 2 is nothing like you.

PHASE I - WOOD

- Are you a natural born initiator?
- Do you have problems with authority figures?
- Do you suffer from migratory pains?
- Do you act assertively and confidently?
- Does other people's slowness and clumsiness irritate you?
- Do you like struggling against great odds to prove to others you can do it?
- Are you frequently doing something or going somewhere?
- Do you have high blood pressure?
- Have you often been told you don't compromise much?
- Do you have to be the first and best?
- Does confinement and sitting quietly drive you crazy?
- Do you get frequent muscle cramps?
- Do you like to make the rules and then break them?
- Are you passionate about everything you do?
- Do you pioneer new trails wherever you go?
- Do your nails alternate between hard and thick and dry and brittle?
- Are you impatient with uncommitted people with no direction?
- Are you afraid to show vulnerability?
- Have you ever had tendinitis?
- Do you love speed and adventure?
- Do you tend to manipulate people and situations to get what you want?
- Is controlling your anger one of your biggest problems?
- Do you find any kind of restraint insufferable?

___ Do you do your best work under pressure?

___ Are you characterized as a type "A" personality?

___ PHASE I TOTAL

PHASE II - FIRE

___ Do you spend a lot of time and energy consciously seeking the divine?

___ Do you have an enlarged or weak heart?

___ Are you charismatic?

___ Do you have an extreme aversion to pain?

___ Do you love drama, performing and being in the limelight?

___ Are you often spontaneous?

___ Do you get sores on your tongue and around your mouth?

___ Can't say NO to anyone?

___ Do you tend to be more sensual than your friends?

___ Do you love to give your opinion?

___ Do you fear separation above all else?

___ Are you clever on your feet?

___ Do you desire fulfillment more than almost anything?

___ Do you bore easily with the dull and ordinary?

___ Do your cheeks turn red easily?

___ Could you be described as extravagant?

___ Are you bright and scintillating at social gatherings?

___ Do you have eczema?

___ Do you have trouble with boundaries?

___ Is the need for intimacy a strong motivation with you?

___ Does sharing come easily?

___ Are you mostly optimistic and enthusiastic about life?

___ Are you strongly empathetic?

___ Do you suffer from anxiety and insomnia?

___ PHASE II TOTAL

PHASE III - EARTH

___ 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?

___ Are you haunted with self-doubt?

___ Do you like to be in charge, but not in the limelight?

___ Does your efficiency leave something to be desired?

___ Does your need to be accommodating result in conformity?

___ Do you often go through an identity crisis?

___ Is a need to belong strong in you?

___ Do you suffer with muscle tenderness?

___ Are you referred to as a “peacemaker” by your friends?

___ Do you regard loyalty as being one of the more important traits in a person?

___ Are you quite conservative in your thinking?

___ Do you have a strong need to be needed?

___ Are you often involved in everybody else’s business?

- ___ Do you suffer with swollen glands and other lymphatic disorders?
- ___ Would you like things more predictable because things are changing too fast?
- ___ 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?
- ___ Is there a deep “emptiness” in the pit of your stomach?
- ___ Do you have a squarish, solid physique?
- ___ PHASE III TOTAL

PHASE IV - METAL

- ___ Are you a “law and order” person?
- ___ Do you hold righteousness and virtue in high regard?
- ___ Are rituals important to you?
- ___ Do you have stiff joints and muscles?
- ___ Is chaos your enemy?
- ___ Do you have no time for nonsense?
- ___ Do you hold very precise standards?
- ___ Are you really sensitive to temperature changes?
- ___ Are you intolerant of disorder and dissonance?
- ___ Is your skin and hair really dry?
- ___ Do you fear intimacy?
- ___ Do you have a strong aesthetic sense?
- ___ Does carelessness in others drive you up a wall?
- ___ Are you considered cool, dispassionate and distant?

- ___ Do you have a tight chest with dry coughing?
- ___ Are reason and high principles your guiding light?
- ___ Are you a little too strict and nit-picky?
- ___ Do you have refined tastes?
- ___ Have you been called self-righteous?
- ___ Do you have a lot of moles and warts?
- ___ Is social involvement on the bottom of your list of important things to do?
- ___ Do you have sinus problems?
- ___ Does your constant self control drive your spontaneous friends crazy?
- ___ Are you into changing other people?
- ___ Do you suffer from constipation?
- ___ PHASE IV TOTAL

PHASE V - WATER

- ___ Would you describe yourself as an introspective "loner"?
- ___ Do you have an exaggerated sex drive?
- ___ Is the search for TRUTH a prime motivator in your life?
- ___ Do you hate superficiality in people?
- ___ Are you creative, imaginative and original?
- ___ Are you modest and fear being in the limelight?
- ___ Are you self contained and self sufficient?
- ___ Is deterioration of teeth and gums a problem?
- ___ Do you seek the deep mystery in everything?
- ___ Are you out of touch with your emotions?
- ___ Do you suffer with backaches frequently?

- ___Are you tactless and even rude occasionally?
- ___Do you have a very penetrating and critical mind?
- ___Do you hate waste and conserve everything?
- ___Is stick-to-it-iveness one of your strongest virtues?
- ___Do you have hardening of the arteries?
- ___Is it hard for you to share with others?
- ___Do you suffer with isolation and loneliness?
- ___Are you afraid of losing yourself in others?
- ___Are you considered enigmatic and eccentric by your friends?
- ___Do you have remarkable powers of concentration?
- ___Are you awkward in social circumstances?
- ___Do you have trouble conforming?
- ___Have you had kidney or bladder problems?
- ___Are you watchful and objective with other people?
- ___ PHASE V TOTAL

Accessing your Energy Composition

The phase with the least amount of negatives is your dominant phase. We are all a mixture of these phases so it is the PROPORTION between them that is important. More than 20 points between the highest and lowest is a sign of imbalance.