



Five Element Intuitive Eating

NOURISHMENT FOR BODY, MIND & SPIRIT

Five Element Intuitive Eating Questionnaire Which Element are You?

This is a simple and light-hearted questionnaire. Its aim is to help you get to know the 5 elements and in particular which of the 5 elements is showing itself for you at the moment. The element that scores the highest may be what is referred to in Traditional Acupuncture circles as your causative factor (CF) i.e. the element from which all other imbalances originate, and if it is balanced it is the key to regaining balance and health. All you have to do is to read through the 75 statements about symptoms, attitudes and values; after reading each one just decide if:

- **You strongly agree** - score **3** points in the box
- **You just agree** - score **2** points in the box
- **You agree slightly** - score **1** point in the box
- **You do not agree at all** - score **0** in the box

When going through the statements be honest with yourself, but don't think about each one for too long as you may lose your first instinctive answer that is more likely to be a true reflection of your inner self.

1. I love fatty foods but they make me feel sluggish and tired.
2. I feel intimidated by large groups of people especially if I don't know them.
3. A nutritious diet is extremely important to me.
4. I'm quite a private person and like to keep my feelings to myself.
5. I like to be prepared so I always think ahead.
6. If I feel strongly about an issue I am willing to stand up and say my piece.
7. I love to feel close to people.
8. Sometimes I have difficulty taking in new information.
9. I find it hard to get rid of things I don't need any more.

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10. In an emergency something takes over and I can be brave, clear and assertive.
11. Sometimes I find making decisions really easy, as I know where I am heading, and at other times I feel quite lost and directionless.
12. I love meeting and getting to know people.
13. I like helping people and looking after them.
 - **You strongly agree** - score 3 points in the box
 - **You just agree** - score 2 points in the box
 - **You agree slightly** - score 1 point in the box
 - **You do not agree at all** - score 0 in the box
14. I find it easy to move on to a new project, I don't get emotionally attached to things.
15. My knees often cause me bother.
16. I often get frustrated that things aren't going, as they should.
17. Sometimes I can feel shy and awkward with new people.
18. I don't like damp or humid conditions, they can make me feel worse.
19. I often feel let down by people but they would never know.
20. People often say I look tired as I get dark bags under my eyes.
21. I like to be my own boss.
22. I feel safest when I know someone really well and I know they love me.
23. My body often feels heavy and lethargic.
24. Many people appear to have no depth or meaning to life; all they want to do is go out, spend money and have a good time.
25. I often get a sense of foreboding that just won't go away.
26. People tell me that I am a bit of a rebel and that I always like to 'buck' the system.
27. I can easily feel unloved and rejected.
28. I can feel bloated after eating.



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29. Quality is important to me; if I can't get the best then I would rather go without.
30. I can always see potential dangers around the corner; this helps me prepare myself.
31. Sometimes my eyes get itchy/feel gritty and tired.
32. I need my close relationships to be stable if I am to feel happy and contented.
33. I'm often not satisfied after a meal.
34. I can be a bit of a perfectionist and I expect high standards from others too.
35. I am a cautious sort of person; I like to observe quietly before making a move.
36. I like things to be organised and structured, I also enjoy taking charge and sorting things out.
37. I love to get into a party mood.

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- **You agree slightly** - score **1** point in the box
- **You do not agree at all** - score **0** in the box

38. My head often feels like it is full of cotton wool and I just can't seem to think straight.
39. I seem prone to chesty complaints.
40. I don't just trust someone, I have to feel sure they won't let me down.
41. I like to know what the plan is, who's doing what and when etc. I get frustrated and annoyed by disorganisation and muddle.
42. I am quite a volatile person always up and down.
43. I wonder who would look after me if I needed help.
44. Sometimes I seem unable to catch my breath.
45. I often need to urinate frequently, particularly if it is cold.
46. Even a small amount of alcohol really affects me, the next day I can easily feel



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sluggish and hung-over.

47. I am very sensitive to people's comments and easily can get hurt.

48. The kitchen is the heart of the family.

49. If I'm going to do a job I will always do the best I can, other people are often sloppy with their work.

50. Building trust in someone can take a long time.

51. I don't like to depend too much on other people, I'd rather do it my way and be in control and then I know it is done properly.

52. I wouldn't like to work by myself; I like being with people too much.

53. Sometimes thoughts just go around and around in my head and I can find no solution.

54. I often seem to be full of mucous.

55. I have to keep telling myself that things will be okay, that helps to reassure me.

56. I always seem to be complaining that things aren't up to scratch.

57. If I could feel happy all the time I would know that things were going well.

58. I always seem to be worried about something.

59. I have, or have had, problems with my skin.

- **You strongly agree** - score 3 points in the box
- **You just agree** - score 2 points in the box
- **You agree slightly** - score 1 point in the box
- **You do not agree at all** - score 0 in the box

60. I get anxious and frightened easily; even just imagining certain situations can make me feel uneasy.

61. I carry a lot of tension in my muscles especially when I get stressed.

62. I often keep my feelings to myself, if someone has hurt me I retreat into my shell.



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63. I always seem to be looking after others, and then I feel angry that no one seems to look after me.
64. People often don't acknowledge my good qualities and skills.
65. I seem prone to ear problems.
66. Bullying and treating people unjustly really make me angry.
67. I love to have a good laugh and joke, and people tell me that I am jolly person.
68. Food seems to sit heavily in my stomach.
69. I often feel a catch in my throat, which may make me cough.
70. I can easily get things out of perspective and end up imagining allsorts of possible scenarios.
71. My nails are ridged and/or seem to be weak.
72. Sometimes I just can't settle to anything, I also get bored easily.
73. I don't like food or eating much, if I could survive on a few pills I would.
74. I like to be the best at everything I do.
75. I don't make rash decisions; I like to consider all angles before deciding what to do.

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Scoring

Enter your score beside each question number and then add up the total of each column. Whichever element has the highest score indicates your most likely CF.

Ques. no.	Score	Ques no.	Score						
1		2		3		4		5	
6		7		8		9		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
26		27		28		29		30	
31		32		33		34		35	
36		37		38		39		40	
41		42		43		44		45	
46		47		48		49		50	
51		52		53		54		55	
56		57		58		59		60	
61		62		63		64		65	
66		67		68		69		70	
71		72		73		74		75	
Total	=	Total	=	Total	=	Total	=	Total	=
	Wood		Fire		Earth		Metal		Water

Now you have completed the questionnaire for yourself you could go on to look at each of the statements and match the element so helping you to get a flavour of the issues that are most relevant to each of the different elements.

Finally spend some time reflecting on the element that scored highest for you, does it ring true, ask your 'nearest and dearest' what they think, it could be an interesting discussion and then get them to do the questionnaire too.