



Les Wuxing (Les Cinq Phases) • Wuxing (The Five Phases)

WOOD

1. Are you a natural born initiator?	
2. Do you have problems with authority figures?	
3. Do you suffer from pains that migrate?	
4. Do you act assertively and confidently?	
5. Are you irritated by other's slowness and clumsiness?	
6. Do you like struggling against great odds to prove to others that you can do it?	
7. Are you always doing something or going somewhere?	
8. Do you have high blood pressure?	
9. Have you been told that compromising isn't your strength?	
10. Are you driven to be the first and the best?	
11. Does being confined or sitting quietly drive you crazy?	
12. Do you frequently have muscle cramps?	
13. Do you like making the rules and then breaking them?	
14. Are you passionate about everything that you do?	
15. Do you like blazing new trails?	
16. Are your nails alternately hard and thick and then dry and brittle?	
17. Are you impatient with people who don't/can't/won't commit?	
18. Are you afraid to show vulnerability?	
19. Have you ever had tendinitis?	
20. Do you love speed and adventure?	
21. Do you tend to manipulate people and situations to get what you want?	
22. Is controlling your anger one of your bigger problems?	
23. Do you find any kind of restraint insufferable?	
24. Do you do your best work under pressure?	
25. Are you characterized as a type "A" personality?	
26. Is green your favourite colour?	
Total	

0 for "not at all"; +1 for "no"; +2 for "sometimes yes, sometimes no"; +3 for "yes"; +4 for "yes!!!".

If you hate questionnaires and refuse to do this, you are more than likely a "Wood" person! For everyone else, go ahead and enjoy!

FIRE

1. Do you spend a lot of time and energy seeking the divine?	
2. Do you have an enlarged or weak heart?	
3. Are you charismatic?	
4. Do you have an extreme aversion to pain?	
5. Do you love drama, performing or being in the limelight?	
6. Are you often spontaneous?	
7. Do you get sores on your tongue or around your mouth?	
8. Are you unable to say "No."?	
9. Are you very sensual (or a sensation junkie)?	
10. Do you love to give your opinion?	
11. Do you strongly fear separation?	
12. Do you think quickly on your feet?	
13. Do you desire fulfillment more than almost anything?	
14. Do you bore easily with the ordinary?	
15. Do you blush easily?	
16. Could you be described as "extravagant"?	
17. Are you bright and scintillating at social gatherings?	
18. Do you have eczema?	
19. Do you have trouble with boundaries?	
20. Is the need for intimacy a strong motivator for you?	
21. Does sharing come easily?	
22. Are you mostly optimistic and enthusiastic about life?	
23. Are you strongly empathetic?	
24. Do you laugh when you're nervous?	
25. Do you ever suffer from anxiety or insomnia?	
26. Is red your favourite colour?	
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EARTH

1. Do you see yourself as a service-oriented person?	
2. Are you working on being more self-reliant?	
3. Do your friends often use you as a negotiator?	
4. Is bloating or water retention a problem?	
5. Do you struggle with inertia and sometimes feel “stuck”?	
6. Does nurturing come easily to you?	
7. Are you haunted by self-doubt?	
8. Do you like to be in charge but not in the limelight?	
9. Does your efficiency leave something to be desired?	
10. Does your need to be accommodating result in conformity?	
11. Do you often go through identity crises?	
12. Do you have a strong need to belong?	
13. Do you suffer from muscle tenderness?	
14. Are you referred to as a “peacemaker” by your friends?	
15. Do you regard loyalty as one of the more important traits in a person?	
16. Are you quite conservative in your thinking?	
17. Do you have a strong need to be needed?	
18. Are you often involved in everyone’s business?	
19. Do you suffer with swollen glands or other lymphatic disorders?	
20. Would you like things to be more predictable as they change too fast?	
21. Do you tend to be overly protective?	
22. Are you often disappointed due to unrealistic expectations?	
23. Do you try to be all things to all people?	
24. Is there a deep “emptiness” in the pit of your stomach?	
25. Do you have a squarish, solid physique?	
26. Is yellow your favourite colour?	
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METAL

1. Do you respect and obey the rules of society?	
2. Do you value moral excellence?	
3. Are rituals important to you?	
4. Do suffer from stiff joints and/or muscles?	
5. Is chaos your enemy?	
6. Are you a “no nonsense” type of person?	
7. Do you hold very precise standards?	
8. Are you very sensitive to temperature change?	
9. Are you intolerant of disorder and/or dissonance?	
10. Do you have really dry skin and hair?	
11. Do you fear intimacy?	
12. Do you have a strong aesthetic sense?	
13. Does carelessness in others drive you crazy?	
14. Are you perceived to be cool, dispassionate and/or distant?	
15. Do you ever experience a tight chest with dry coughing?	
16. Are you guided by reason and (high) principles?	
17. Are you ever a little too strict or nit-picky?	
18. Do you have refined tastes?	
19. Have you been called “self-righteous”?	
20. Have you had a number of moles and/or warts?	
21. Is social involvement at the bottom of your list of important things?	
22. Do you ever have sinus problems?	
23. Does your self-control drive your spontaneous friends crazy?	
24. Are you into changing other people?	
25. Do you suffer from constipation?	
26. Is your favourite colour white or silver?	
Total	

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WATER

1. Would you describe yourself as “introspective”?	
2. Do you have a powerful sex drive?	
3. Is the search for “Truth” a prime motivator in your life?	
4. Do you hate superficiality in people?	
5. Are you creative, imaginative and original?	
6. Are you modest and fear being in the limelight?	
7. Are you self-contained and self-sufficient?	
8. Do you have problems with your teeth or gums?	
9. Do you seek the deep mystery in everything?	
10. Are you ever out of touch with your emotions?	
11. Do you suffer from frequent backaches?	
12. Are you occasionally tactless or perhaps even rude?	
13. Do you have a very penetrating and critical mind?	
14. Do you hate waste and conserve everything?	
15. Is perseverance one of your strongest virtues?	
16. Do you have hardening of the arteries?	
17. Is it hard for you to share with others?	
18. Do you suffer from isolation and loneliness?	
19. Are you afraid of losing yourself in others?	
20. Are you considered enigmatic or eccentric by your friends?	
21. Do you have remarkable powers of concentration?	
22. Are you awkward in social settings?	
23. Do you have trouble conforming?	
24. Have you had kidney or bladder problems?	
25. Are you watchful and objective with other people?	
26. Is blue or black your favourite colour?	
Total	

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