

## Five Element Personality Survey

Check off one element in each category below that fits you best. The category with the highest score is your predominant element. The category with the second highest score is your secondary element. You may have a double category (or even triple or more) if you have the same score for multiple categories.

Individuals may have affinities for one or more of the feng shui elements. The factors in the list below will help you to decide which elements are part of your own fundamental nature. This helps you to choose colors, images and structures in your environment that will bring the optimal balance in your life. For example, metal types may want to soften their environments with earth, water and wood.

See which of the descriptions in each section fit you best. You may not fit all the characteristics listed for a particular element. Pick the one that has the closest correlation to your physique and personality.

Keep track of your score separately or print out the PDF linked above to get a total tally for wood, fire, earth, metal and water. The highest score is your predominant compatibility. The next highest score is your secondary compatibility.

Then experiment with balancing your compatibilities with the symbols, colors and other aspects of the elements in your environment in the **Complete Feng Shui Element Chart** available at [kathleenkarlsen.com](http://kathleenkarlsen.com). If you have health issues, please consult a qualified practitioner. This survey is for educational purposes only.

## Physical Characteristics & Feng Shui Elements

### BODY TYPE

- Wood:** muscular, athletic physique; well-proportioned extremities
- Fire:** graceful, willowy physique; long neck, hands and fingers
- Earth:** rounded physique with broad hips and shoulders; short hands and feet
- Metal:** asymmetrical physique; small bones with long arms, legs; narrow shoulders
- Water:** lean physique; narrow shoulders, wider hips; long fingers and toes

### FACIAL FEATURES

- Wood:** jaw and chin predominate; greenish hue around eyes and mouth
- Fire:** eyes predominant; delicate features; yellowish hue around mouth or temples
- Earth:** mouth and lips predominate
- Metal:** nose predominates; chiseled features
- Water:** ears predominate; darkish hue around or under deep-set eyes; sculptured features

## SKIN TYPE

- Wood:** thick, sometimes coarse skin; oily around the face, nose and scalp
- Fire:** soft, warm skin; acne, boils, rashes; red, blotchy or ashen complexion
- Earth:** soft, smooth skin
- Metal:** dry, itchy skin; scaly pimples on nose, cheeks; eczema, rashes or hives
- Water:** normal skin

## CIRCULATION

- Wood:** high blood pressure
- Fire:** rapid or irregular heartbeat; erratic pulse; heart palpitations when stressed
- Earth:** varicose veins, hemorrhoids; strokes
- Metal:** normal circulatory system
- Water:** low blood pressure

## SENSORY TENDENCIES

- Wood:** blurred vision; dry, red, itchy or teary eyes; high-pitched ringing in ears
- Fire:** speech problems; stammering, stuttering, slurring; speaking too quickly
- Earth:** normal sensory function
- Metal:** sensitivity to weather changes, especially excessive humidity or dryness
- Water:** hearing problems

## DIGESTION

- Wood:** heartburn, constipation, ulcers; abdominal pain; difficulty swallowing
- Fire:** sore, inflamed, swollen or red tongue; diverticulosis (inflammation of colon)
- Earth:** gain weight easily; anorexia/bulimia; indigestion; acid stomach, ulcers
- Metal:** food allergies or sensitivities; diarrhea, constipation
- Water:** problems with teeth; excessive thirst

## STRUCTURAL/METABOLIC

- Wood:** tension in neck, shoulders, spine; cramps, twitches; muscle or tendon injuries
- Fire:** shallow breathing; spontaneous sweating, hot flashes; seizures
- Earth:** gum problems; hypoglycemia or diabetes; thyroid problems
- Metal:** chronic joint pain; brittle joints; inflexible or stiff spine
- Water:** sore feet; aching lower back, tendency to "throw back out"; osteoporosis

## FOOD PREFERENCES

- Wood:** strong preference for sour foods
- Fire:** strong preference for bitter foods
- Earth:** strong preference for sweet/starchy foods
- Metal:** strong preference for pungent and spicy foods
- Water:** strong preference for salty foods

## MISCELLANEOUS

- **Wood:** sudden, sharp pains; cysts or lumps; nails split/crack; headaches, migraines
- **Fire:** frequent urinary infections; sleep disturbances; dizziness and fainting spells
- **Earth:** frontal headaches; misshapen nails and cuticles; thick mucus in sinuses
- **Metal:** warts/moles; psoriasis; dry throat/nasal passages; sinus infections, bronchitis
- **Water:** urinary/prostate problems; yeast infections; aching/swollen lower abdomen

## Emotional Characteristics & Feng Shui Elements

### COLOR PREFERENCES

- **Wood:** preference for green
- **Fire:** preference for red
- **Earth:** preference for yellow
- **Metal:** preference for white
- **Water:** preference for blue or black

### CLIMATE PREFERENCES

- **Wood:** preference for the season of spring; windy climates
- **Fire:** preference for the season of summer; hot climates
- **Earth:** preference for the season of late summer; damp climates
- **Metal:** preference for the season of autumn; dry climates
- **Water:** preference for the season of winter; cold climates

### GREATEST FEARS

- **Wood:** loss of control; being helpless, confined, stuck, unable to move
- **Fire:** being alone or abandoned
- **Earth:** being lost or far from home
- **Metal:** crowds, corruption, chaos, contamination from others
- **Water:** heights, water, people, darkness, death

### ENERGY PATTERNS

- **Wood:** impulsive, stubborn; tendency to anger; feel restless between 11pm and 3am
- **Fire:** overly emotional, doubt yourself; energy high between 11am and 3pm
- **Earth:** difficulty being alone; eat when uncomfortable; energy high from 7-11pm
- **Metal:** restrained, not spontaneous; appear unfeeling, energy high from 3-7am
- **Water:** introverted; tendency towards depression; energy high from 3-7pm

# Psychological Characteristics & Feng Shui Elements

## DREAM TENDENCIES

- **Wood:** dreams of forests, plants, competition, trying to reach a goal
- **Fire:** dreams of romantic encounters
- **Earth:** dreams of houses, backyards and grassy fields
- **Metal:** dreams of mountain peaks, snow; interior of boats, cars or trains
- **Water:** dreams of lakes, rivers, oceans; dark, mysterious places and caves

## WORK/MENTAL PATTERNS

- **Wood:** confident, moral, competitive, leader; workaholic; creative, risk-taker; bold
- **Fire:** charismatic, enthusiastic, optimistic; thrive in stimulating environment; absentminded
- **Earth:** problem solver, mediator; thrive in peaceful settings; may be disappointed or worry
- **Metal:** efficient and methodical; organized, perfectionist; disciplined, dislikes superficiality
- **Water:** prefers to work alone; patient, persevering; attentive and observant; intellectual

## STRESS ADAPTATION

- **Wood:** comfortable in conflicts and under pressure; enjoys public speaking and recognition
- **Fire:** uncomfortable with conflicts; may be inappropriate; anxious, flustered
- **Earth:** easily upset by conflict; needs stability; obsessive/compulsive tendencies
- **Metal:** feels overwhelmed with sorrow or grief in difficult situations
- **Water:** avoids social situations; values privacy; sense of dread in difficult situations

## RELATIONSHIP PATTERNS

- **Wood:** direct and straightforward; critical; sometimes insensitive towards others
- **Fire:** empathetic, intuitive, communicator; affected by others; enjoys intimacy
- **Earth:** nurturing, likes to be needed; loyal, puts the needs of others first
- **Metal:** content with a few close relationships or friends
- **Water:** avoids intimacy; willing to be at odds with others for the sake of principles