

# What is Your Dominant Element?

## CATEGORY A

	<i>Do not agree</i>	<i>Kind of agree</i>	<i>Agree</i>	<i>Absolutely agree</i>
1. I suffer from headaches.	1	2	3	4
2. I have muscle cramps, spasms, and/or tics.	1	2	3	4
3. I get indigestion, especially after eating fatty foods.	1	2	3	4
4. I tend to hold tension in my neck and upper back.	1	2	3	4
5. My throat feels tight, and I sometimes have difficulty swallowing.	1	2	3	4
6. I often wake up between 1:00am and 3:00am.	1	2	3	4
7. I am quick to anger (male). I lack assertiveness (female).	1	2	3	4
8. I am competitive.	1	2	3	4
9. I am easily irritated and often impatient.	1	2	3	4
10. I have lots of energy, especially at night.	1	2	3	4
11. I make decisions quickly.	1	2	3	4
12. I tend to burn out from excessive commitment.	1	2	3	4

### CATEGORY A TOTALS

## CATEGORY B

	<i>Do not agree</i>	<i>Kind of agree</i>	<i>Agree</i>	<i>Absolutely agree</i>
1. I have insomnia, especially when I'm anxious.	1	2	3	4
2. I have heart palpitations.	1	2	3	4
3. I often feel flushed and overheated.	1	2	3	4
4. I tend to crave cold and/or spicy foods.	1	2	3	4
5. I am prone to high or low blood pressure.	1	2	3	4
6. I have hot/cold extremities.	1	2	3	4
7. I am easily confused.	1	2	3	4
8. I can feel both fatigue and anxiety at the same time.	1	2	3	4
9. I am talkative and excitable.	1	2	3	4
10. I am able to communicate my feelings easily.	1	2	3	4
11. I need affection.	1	2	3	4
12. I am often described as friendly, playful, and charming.	1	2	3	4

### CATEGORY B TOTALS

## CATEGORY C

	<i>Do not agree</i>	<i>Kind of agree</i>	<i>Agree</i>	<i>Absolutely agree</i>
1. I have difficulty stabilizing my blood sugar (high or low).	1	2	3	4
2. I have digestion problems.	1	2	3	4
3. My stamina is low.	1	2	3	4
4. I gain weight easily and have difficulty losing weight.	1	2	3	4
5. I bruise easily.	1	2	3	4
6. I tend to crave sweets.	1	2	3	4
7. I tend to worry and overthink.	1	2	3	4
8. I am sympathetic and at times, even over-sympathetic.	1	2	3	4
9. I desire to be needed.	1	2	3	4
10. I am accommodating and helpful in resolving conflicts.	1	2	3	4
11. I am most happy around family and friends.	1	2	3	4
12. I am easily overwhelmed.	1	2	3	4

### CATEGORY C TOTALS

**CATEGORY D**

	<i>Do not agree</i>	<i>Kind of agree</i>	<i>Agree</i>	<i>Absolutely agree</i>
1. I get frequent coughs and colds.	1	2	3	4
2. I have dry skin.	1	2	3	4
3. I am prone to sinus problems (sinusitis/allergies).	1	2	3	4
4. I don't usually perspire, even in hot showers.	1	2	3	4
5. I am a shallow breather.	1	2	3	4
6. I am prone to constipation and/or diarrhea.	1	2	3	4
7. I am prone to despair and melancholy.	1	2	3	4
8. I am easily disappointed or offended.	1	2	3	4
9. I tend to be systematic and analytical in my approach to work.	1	2	3	4
10. I don't like clutter and require organization, especially in my workplace.	1	2	3	4
11. I tend to be minimalistic.	1	2	3	4
12. I think of myself as well-disciplined.	1	2	3	4

**CATEGORY D TOTALS****CATEGORY E**

	<i>Do not agree</i>	<i>Kind of agree</i>	<i>Agree</i>	<i>Absolutely agree</i>
1. I have joint and/or low back pain.	1	2	3	4
2. I have issues with libido (too much or too little).	1	2	3	4
3. I have menstrual/prostate problems.	1	2	3	4
4. I have difficulty hearing.	1	2	3	4
5. I have dark circles under my eyes no matter how much sleep I get.	1	2	3	4
6. I have water retention (sock indentations and/or inability to remove rings at night).	1	2	3	4
7. I often feel fearful and irrational.	1	2	3	4
8. I am a deep thinker, philosophical and introspective.	1	2	3	4
9. I'm intrigued by the unknown/spiritual/mystical.	1	2	3	4
10. I like to keep my thoughts and feelings to myself.	1	2	3	4
11. I tend to be truthful and direct.	1	2	3	4
12. I tend to be objective and neutral.	1	2	3	4

**CATEGORY E TOTALS****QUESTIONNAIRE KEY**

The category with the highest number is your dominant element.

Category A: **Wood**

Category B: **Fire**

Category C: **Earth**

Category D: **Metal**

Category E: **Water**

My dominant element is \_\_\_\_\_.

## WOOD ELEMENT

Wood-dominant individuals tend to love a challenge. Organized, logical, and hard-working, wood elements make great leaders. They thrive on action and adventure and are excellent planners, but can get frustrated or angry when things don't go their way. As this element is most strongly affected by stress, an imbalance of energy can cause Wood individuals to become rigid, angry, or depressed. When the energy is balanced, however, they are kind and flexible.

### Foods that Heal

- Sour foods
- Green vegetables and wheat

### Essential Oils

- Peppermint
- Orange
- Cardamom

### Restorative Yoga Poses

- Supine twist
- Squat

## FIRE ELEMENT

Energetic, emphatic, and dramatic, fire elements are driven by passion. They can be deeply emotional, focusing on joy and pleasure, which they attain from the company of others. Loneliness, on the other hand, can make them feel lost and lifeless. When their energy is balanced, Fire elements feel a healthy amount of joy, love, and connection, while an imbalance in energy can lead to overexcitement, anxiety, panic, insomnia, and loneliness. It is important for fire-dominant individuals to take time for themselves each day and follow a regular schedule.

### Foods that Heal

- Bitter foods
- Red fruits and vegetables, coffee, pepper, red wine

### Essential Oils

- Rosemary
- Lavender

### Restorative Yoga Poses

- Chest and heart openers
- Sphinx pose

## EARTH ELEMENT

Earth-dominant people are motivated by the idea of harmony and togetherness with other people. Loyal, calm, secure, and predictable, Earth elements are natural helpers. Their dependence on relationships, however, can lead to worrying and anxiety. When their energy is balanced, Earth elements are grounded, present and connected, while an imbalance leads to clinginess, possessiveness, and the desire to fill internal emptiness with eating, drinking, shopping, or working. Earth individuals should work to develop healthy boundaries in relationships.

### Foods that Heal

- Sweet foods
- Yellow produce, root vegetables, almonds, and sunflower seeds

### Essential Oils

- Cinnamon
- Grapefruit
- Tangerine

### Restorative Yoga Poses

- Butterfly
- Sleeping swan

## **METAL ELEMENT**

Individuals who are metal-dominant tend to be independent, focused, intense, and strong. Living according to reason and principle, metal elements enjoy discipline and structure, avoiding risks and passion. At the heart of their existence is self-protection; when their energy is imbalanced, they can become sad, isolated, detached, and stuck in the past. When the energy is balanced, however, metal elements are able to move on from grief, forgive themselves, and be present. It is important for metal individuals to work on deep breathing and letting go of the past.

### **Foods that Heal**

- Spicy foods
- White fruits and vegetables, rice or noodles, garlic and ginger

### **Essential Oils**

- Pine
- Fir
- Spruce

### **Restorative Yoga Poses**

- Supported bridge with cactus arms
- Supine twist

## **WATER ELEMENT**

Those who are water-dominant are easy-going, good communicators, and philosophical. Leading with intuition, they seek knowledge and understanding and are very self-sufficient. Water elements are wary of threat, so an imbalance of energy can cause them to become overly fearful and think catastrophically, and their schedules can become overloaded from the inability to say no. When their energy is balanced, they are able to trust the flow of their lives and find themselves motivated and invigorated. Water-dominant individuals should consciously prioritize their social life to avoid falling into isolation.

### **Foods that Heal**

- Salty foods
- Blue or black fruits and vegetables, fish

### **Essential Oils**

- Cedarwood
- Celery seed
- Birch bark

### **Restorative Yoga Poses**

- Bridge pose
- Seal pose
- Caterpillar pose