Five Phase Self-Assessment Questionnaire

The following questionnaire is designed to map how the Five Phases act and interact with you on a Psychological and Physiological level.

**Directions:**

Five Phase Self-Assessment Questionnaire: Rate yourself by placing a number on a scale 0-5 in front of the statement. Key:0= very unlike you 1= unlike you 2= somewhat unlike you 3= somewhat like you 4= like you 5= very like you

**WOOD**

**Psychological**

I feel confident, powerful and enjoy being competitive and ambitious

I openly discuss my abilities and achievements with others

I am comfortable with conflict or pressure

I make quick decisions and commit myself to a course of action even against the odds

I follow my instincts and feel right even if others strongly disagree with or disapprove of me

I take pleasure in public recognition and admiration of my talents and achievements

I am comfortable leading or directing others

I take the lead when it is necessary to get things done quickly and effectively

I act boldly and decisively even if I don’t have all the expertise or information that I need

I enjoy the process of striving against the odds for its own sake

TOTAL­­­­­­

**Physiological**

I frequently experience pain at the temples, sides, back, or top of the head

I frequently experience vertigo and nausea

I frequently experience dry eyes, light sensitivity, twitching eyes or pain in the eyes

I frequently experience headache, earache, or eye ache from exposure to wind

I frequently experience a feeling of fullness or soreness beneath the ribs

I frequently experience tension in the neck and across the shoulders

I frequently experience premenstrual moodiness and/or depression

I frequently experience irritability following sex

I frequently experience excessive libido or uncomfortable or painful sexual arousal

I frequently experience severe cramps at the start of menstruation

TOTAL­­­­­­

**FIRE**

**Psychological**

I am animated and enthusiastic

I enjoy the pleasure of my senses and enjoy being moved emotionally

I enjoy physical contact and emotional intimacy

I am comfortable in a very stimulating environment

I openly share my desires and innermost feelings

I live in the present and do not worry too much about the future or dwell on the past

I see the humor in life

I thoroughly enjoy receiving what I want and need

I am tender, intimate and vulnerable with other people

I remain optimistic and hopeful in spite of what others may say or believe

TOTAL­­­­­­

**Physiological**

I frequently experience being flushed or overheated with excessive perspiration

I frequently experience rapid or irregular heartbeat or palpitations in the chest

I frequently experience sores in the mouth or on the tongue

I frequently experience feeling faint, dizzy, or disoriented when startled or excited

I frequently experience nervous giggling or excessive talkativeness

I frequently experience premature ejaculation or orgasm

I frequently experience insomnia when anxious or excited

I frequently experience disturbing or vivid dreams

I frequently experience awakening anxious or with a racing heart

I frequently experience blushing when startled, nervous, or upset

TOTAL­­­­­­

**EARTH**

**Psychological**

I am nurturing and supportive

I place the needs of others before my own

I enjoy frequent socializing with friends and family

I care for others and try to satisfy their needs

I enjoy being relied upon for reassurance and help

I am agreeable and accommodating and enjoy being in the company of others

I help people work together in a harmonious way

I create a relaxed, comfortable, and collaborative environment where people from different backgrounds enjoy being together

I am loyal and accessible to my friends, relations and colleagues

I enjoy maintaining many diverse, even conflicting relationships

TOTAL­­­­­­

**Physiological**

I frequently experience rapid weight gain and difficulty losing weight

I frequently experience obsessive avoidance of food

I frequently experience abdominal bloating, especially in the evening

I frequently experience frequent cravings for sweet, glutinous, starchy foods

I frequently experience swollen muscles and joints

I frequently experience generalized puffiness or edema

I frequently experience easy or frequent bruising

I frequently experience feeling full, heavy, lethargic and have frequent headaches

I frequently experience lack of stamina and general fatigue

I frequently experience premenstrual lethargy, bloating, and water retention

TOTAL­­­­­­

**Metal**

**Psychological**

I maintain a neat and orderly personal lifestyle

I am in control of my environment and the way I do things

I am strongly committed to my morals, principles and have high standards of conduct

I feel secure and confident in my work when I know that everyone is following proper procedures

I enjoy tasks that require logical, analytical, and systematic approaches to problem solving

I think of myself as being impeccable, meticulous and discriminating

I am judged based on objective criteria rather than personal biases or intuitions

I am systematic and methodical in my work

I am content with few attachments and close friends

I enjoy temperance and moderation

TOTAL­­­­­­

**Physiological**

I frequently experience dryness of the nose, throat, skin, or hair

I frequently experience lack of perspiration even when hot

I frequently experience itching from dryness

I frequently experience scanty (small amount) urine

I frequently experience large skin pores on the face, nose and upper back

I frequently experience sneezing or coughing due to changes in air temperature or moisture

I frequently experience wrinkling or shrinking of the skin or mucous membranes

I frequently experience skin that feels tight or cracks easily

I frequently experience frontal headaches due to dryness

I frequently experience shallow breathing

TOTAL­­­­­­

**Water**

**Psychological**

I am honest, objective, straight-forward and direct

I enjoy frequent periods of solitude and introspection

I am imaginative, creative and curious

I am content being anonymous or on the periphery of social events

I like being involved in intellectual pursuits

I am content with a few very close friends and am careful about what I reveal to other people

I can be a stubborn defender of what I perceive as the truth

I am patient and persevere in spite of defeats

I am more private than social

I enjoy solitary projects and quiet contemplation

TOTAL­­­­­­

**Physiological**

I frequently experience depression or weariness/fatigue after sex

I frequently experience lack of memory or diminished recall of recent information or events

I frequently experience diminished acuity of vision or hearing

I frequently experience pain in the arches, heels, or soles of the feet

I frequently experience stiffness or aching in the joints or spine

I frequently experience frequent, slow or suppressed urination

I frequently experience loss of pubic or head hair

I frequently experience fatigue or listlessness following prolonged mental effort

I frequently experience dark brown or purplish black circles around the eyes

TOTAL­­­­­­

When you are finished, please save as an attachment and email the results to [Krystalstoneholsitcs@gmail.com](mailto:Krystalstoneholsitcs@gmail.com). Your results are confidential. I will review them and discuss with you in our next coaching session.