

# Fire Child-Water Child Questionnaire



## Who Is My Child?

*Please complete this 2-page questionnaire using the 5-point scale below and add up each column*

1 = Never    2 = Occasionally    3 = Sometimes    4 = Often    5 = A lot

WOOD CHILD	FIRE CHILD	EARTH CHILD	GOLD CHILD	WATER CHILD
___ loves to be active and moving	___ gets excited easily	___ loves just being in the company of other people	___ prefers when things go according to plan	___ is a seeker of knowledge and meaning
___ <b>likes to take risks, looks for challenge</b>	___ loves to have fun and be funny	___ likes to get involved in other people's lives	___ <b>good at noticing details and patterns</b>	___ is a dreamer
___ <b>doesn't like to wait for others to lead the way</b>	___ <b>tends to feel things intensely</b>	___ is caring, kind-hearted and concerned for the welfare of others	___ prefers when everyone plays by the same rules	___ takes time to react to situations and events
___ quick to express opinions	___ looks for stimulation	___ doesn't like when people don't get along	___ has very high standards	___ doesn't like to do things fast
___ likes change over routine	___ is naturally very intuitive	___ believes in the good intentions of others	___ is methodical, particular meticulous and discriminating	___ prefers to keep feelings and opinions private
___ takes pride in being first,	___ easily influenced by what others say	___ <b>likes to fit in but doesn't want to be the center of attention</b>	___ tends to be very logical and precise	___ prefers to figure things out by self
___ hates losing and might cheat to win	___ is passionate about things	___ likes to make people feel welcome	___ doesn't like change, prefers consistency	___ doesn't like the spotlight
___ learns by doing instead of talking about it	___ can't control body when excited	___ tends to be a loyal friend	___ tends to be judgmental	___ <b>prefers being alone to socializing too much</b>
___ not afraid of danger	___ can use charm to get what wants	___ tends to be a helper, peacemaker	___ holds back from expressing feelings	___ takes time getting started
___ likes to do things fast	___ likes to cheer others up, to inspire others	___ <b>tends to go along with what others say</b>	___ enjoys taking things apart and putting them back together	___ is wary/suspicious of other people
___ will act boldly and decisively even before having all the information	___ loves to get rewards	___ likes fitting in and being needed	___ tries to create order and beauty	___ <b>can get lost in imagination (daydreamer)</b>
___ adapts quickly to new	___ looks on the bright side in	___ can imagine the needs of	___ tries to make things perfect	___ loses track of time

situations	spite of what others may say	others		
___ tends to be impatient with others	___ recovers quickly after being upset	___ will put others' needs before own	___ has very strong likes and dislikes	___ is considered by others to be weird or eccentric
___ likes to reach goals	___ <b>tends to be dramatic</b>	___ learns through relationships and stories	___ likes to design with details	___ can be stubborn and headstrong
___ tends to blame others	___ complains "I can't do it" when stressed	___ can become indecisive, needy and worried when stressed	___ prefers to be reserved over excited	___ often fears the worst
___ likes to test rules	___ tends to complain of being bored	___ doesn't like when anyone is left out	___ <b>tends to get stuck on what's wrong instead of what's right</b>	___ Feelings are hard to read by others
___ tends to get tension headaches or neck spasms	___ likes to eat for fun (craves carbs/sugar when bored)	___ can be shy or talk too much	___ tends to get rigid and hyper-focused when stressed	___ prone to dull headaches
___ likes to eat on the run	___ tends to have dramatic symptoms, (e.g. high fevers, loud coughs)	___ tends to gain weight easily	___ tends to get stuck in details when stressed	___ prone to getting vague pains (e.g. low back pain, joint pain)
___ tends to get tense and angry easily and shout when stressed	___ gets easily overwhelmed, oversensitive or panic when stressed	___ craves carbohydrates and sweets when stressed	___ tends to be a picky eater	___ tends to withdraw and shut down and don't want to talk when stressed
___ eats for energy, not pleasure (craves sweets and stimulants)	___ tends to get hungry fast, "hangry" and crave carbohydrates	20. I tend to get stomachaches when I'm nervous	___ prone to constipation, dry skin, eczema, or wheezing	___ tends to crave salty foods

total	total	total	total	total
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