

Which Element Are You?

Questionnaire



On the piece of paper, write the question's numbers, score them with points, scan or take a picture with your phone and send it to me.

- Strongly agree - 3 points
- Agree - 2 points
- Agree slightly - 1 point
- Do not agree at all - 0 .

1. I don't like to depend on other people; I want to be in control and do it my way.
2. I feel not intimidated by large groups of people, even if I don't know them.
3. I like helping people and looking after them.
4. I'm quite a private person and want to keep my feelings to myself.
5. I get anxious and frightened easily; even imagining certain situations can make me feel uneasy.
6. I enjoy doing my exercises.
7. I can be addicted to love, sex, and spirituality
8. I speak in a sweet tone that can resemble singing a lullaby.
9. I can be inappropriately formal and stiff.
10. Urgency is not in my nature; I can lose track of time.

11. If I feel strongly about an issue, I am willing to stand up and say my piece.
12. I love to feel close to people.
13. Sometimes, I have difficulty taking in new information.
14. I find it hard to get rid of things I don't need anymore.
15. In an emergency, I can be brave, clear, and assertive.
16. I have a dry and sometimes sarcastic sense of humor.
17. I speak with enthusiasm.
18. My home is very warm, and there is a comfortable place to sit for everyone.
19. I can be very patient. I am not comfortable with rushing.
20. I yearn for meaning to this experience on Earth.

21. Sometimes, I find making decisions easy, as I know where I am heading, and at other times I feel quite lost and directionless.
22. I love meeting and getting to know people.
23. A nutritious diet is essential to me.
24. I find it easy to move on to a new project; I don't get emotionally attached to things.
25. My knees often cause me to bother.
26. I am fiercely independent, and I will not be pushed around.
27. I am optimistic, even when things don't look so good.
28. If someone is hurting or left out, I often feel it is my responsibility to make her feel better or included.

29. I do well in jobs where I can work alone or one-on-one; I don't do well in customer service.

30. I am fine with just a few good friends. I don't need a vast social life.

31. I often get frustrated that things aren't going as they should.

32. Sometimes, I can feel shy and awkward with new people.

33. I don't like damp or humid conditions; they can make me feel worse.

34. I often feel let down by people, but they would never know.

35. People often say I look tired as I get dark bags under my eyes.

36. I like to be my own boss.

37. I feel safest when I know someone really well, and I know they love me.

38. My body often feels heavy and sluggish.

39. Many people appear to have no depth or meaning to life; all they want to do is go out, spend money, and have a good time.

40. I often get a sense of foreboding that just won't go away.

41. I want control of every aspect of my life.

42. I see the humor in all aspects of life.

43. I want disputes to be settled and everyone to feel content.

44. I like routine tasks that require logic.

45. I have a complex inner world that can be difficult for others to understand.

46. People tell me that I am a bit of a rebel and always like to 'buck' the system.

47. I can quickly feel unloved and rejected.

48. I can feel bloated after eating.

49. Quality is important to me; if I can't get the best, I would instead go without.

50. I can always see potential dangers around the corner; this helps me prepare myself.

51. Sometimes, my eyes get itchy/feel gritty and tired.

52. I need my close relationships to be stable if I am to feel happy and content.

53. I'm often not satisfied after a meal.

54. I can be a bit of a perfectionist, and I expect high standards from others.

55. I am a cautious sort of person; I like to observe quietly before making a move.

56. I like things to be organized and structured; I also enjoy taking charge and sorting things out.

57. I love to get into a party mood.

58. My head often feels like it is full of cotton wool, and I just can't seem to think straight.

59. I seem prone to chesty complaints.

60. I don't just trust someone; I have to feel sure they won't let me down.

61. I like to know what the plan is, who's doing what and when etc. I get frustrated and annoyed by disorganization and clutter.

62. I am quite a volatile person, always up and down.

63. I wonder who would look after me if I needed help.

64. Sometimes, I seem unable to catch my breath.

65. I often need to urinate frequently, mainly if it is cold.

66. Even a small amount of alcohol really affects me

67. I am susceptible to people's comments and can easily get hurt.

68. The kitchen is the heart of the family.

69. If I'm going to do a job, I will always do the best I can; other people are often sloppy with their work.
70. Building trust in someone can take a long time.

71. I love fatty foods but they make me feel sluggish and tired.
72. I wouldn't like to work by myself; I like being with people too much.
73. Sometimes, thoughts just go around and around in my head and I can find no solution.
74. I often seem to be full of mucus.
75. I have to keep telling myself that things will be okay, which reassures me.
76. I yearn for truth, justice, honesty, and equality.
77. I like people and I want to be around them.
78. I love spending time with my family.
79. My personal life is orderly and straightforward.
80. I prefer to stay at home with a good movie than go out and be sociable.

81. When I have decided, it is tough to get me to change my stance.
82. I am comfortable to be a center of attention
83. I love to have children and/or pets around.
84. I like everyone I work with to follow proper protocol.
85. I have a lot of curiosity, and I can have a childlike wonder.
86. I always seem to be complaining that things aren't up to scratch.
87. If I could feel happy all the time, I would know that things were going well.
88. I always seem to be worried about something.
89. I have or have had problems with my skin.
90. I like to be prepared so I always think ahead.

91. I carry a lot of tension in my muscles especially when I get stressed.
92. I often keep my feelings to myself; if someone has hurt me, I retreat into my shell.
93. I always seem to be looking after others, and then I feel angry that no one seems to look after me.
94. People often don't acknowledge my good qualities and skills.
95. I seem prone to ear problems.
96. Bullying and treating people unjustly really make me angry.
97. I love to have a good laugh and joke, and people tell me that I am a jolly person.
98. Food seems to sit heavily in my stomach.
99. I often feel a catch in my throat, which may make me cough.
100. I can quickly get things out of perspective and end up imagining all sorts of possible scenarios.

101. My nails are ridged and/or seem to be weak.
102. Sometimes I just can't settle to anything; I also get bored quickly.
103. I often give money or personal possessions to help people out of difficult situations.
104. I like to be the best at everything I do.
105. I don't make rash decisions; I like to consider all angles before deciding what to do.

106. What is your date of birth?

107. What is your body type?

108. If your body type changed with age, please specify what type did you have at the age of 20



