

5 ELEMENT QUESTIONS

THE FIRE ELEMENT:

IS UNCONDITIONAL LOVE THE MOST IMPORTANT THING
IN THE WORLD TO YOU?

ARE YOU HAPPY? DO YOU FEEL LOVED?

DO YOU HAVE ENOUGH FRIENDS/LOVE IN YOUR LIFE?

DO YOU LIKE OR DISLIKE THE COLOR RED?

DO YOU DREAM ABOUT FIRE/PEOPLE/RELATIONSHIPS?

DID YOU HAVE A HIGH FEVER IN CHILDHOOD?

DO YOU HAVE A GOOD SENSE OF HUMOR?

DO YOU LIKE TO LAUGH AND MAKES JOKES?

WERE YOU EVER INVOLVED IN AN ACTUAL FIRE OR LIGHTNING
STRIKE?

LIKE OR DISLIKE OF HEAT/SUMMER?

FILLED WITH JOY OR LACK OF JOY?

LIKE OR DISLIKE BITTER FOODS?

SPECIFIC FIRE MERIDIANS

THE HEART:

DO YOU HAVE ANY HEART PROBLEMS? HIGH FEVERS IN
CHILDHOOD: SCARLET FEVER, RHEUMATIC FEVER, HEART
MURMURS, HX OF ELECTRIC SHOCK TX?

DO YOU HAVE TROUBLE FALLING ASLEEP?

DO YOU FEEL OVERLY RESPONSIBLE (LIKE THE CONDUCTOR
OF AN ORCHESTRA)...DO YOU HAVE TROUBLE DELEGATING
RESPONSIBILITY OR FEEL LIKE: IF YOU DON'T DO IT, IT
DOESN'T GET DONE?

DO YOU HAVE ISSUES WITH CONTROL? NEEDING TO BE IN
CONTROL? OR NOT LIKING IT IF OTHERS ARE IN CONTROL?

IS INSIGHT AND WISDOM ONE OF YOUR STRENGTHS?

RECURRING ISSUES FROM 11AM – 1PM?

FEELINGS OF FAILURE?

INSOMNIA OR ANXIETY??

THE SMALL INTESTINE:

DO YOU EVER FEEL LIKE AN ABSENT-MINDED PROFESSOR?

ARE YOU A “SPACE CADET”? VERY SPACEY??

DO YOU HAVE TROUBLE OR GET CONFUSED WHEN YOU

HAVE TOO MANY OPTIONS??

TROUBLE DISTINGUISHING BETWEEN SELF & OTHER?

ISSUES BETWEEN 1PM – 3PM?

THE HEART PROTECTOR/PERICARDIUM:

DO YOU OFTEN FEEL VULNERABLE? DO YOU NEED TO
FEEL SAFE?

HAS YOUR HEART BEEN BROKEN RECENTLY?

DO YOU GET HURT OR EMBARRASSED EASILY?

HX OF RAPE OR SEXUAL ABUSE OR INCEST?

DO YOU HAVE ISSUES WITH TRUST/BETRAYAL/INTIMACY?

DO YOU BELIEVE IN LOVE?

DO YOU HAVE SOME ISSUES WITH SEXUALITY OR
CIRCULATION?

ISSUES BETWEEN 7-9PM?

PALPITATIONS?

THE THREE HEATER:

IS HAVING FUN VERY IMPORTANT TO YOU? ARE YOU THE
LIFE OF THE PARTY? OR THE HOST/HOSTESS? WERE YOU A
“CLASS CLOWN” IN SCHOOL? ARE YOU A COMEDIAN?

ARE YOU A NETWORKER/PEACE-MAKER? ARE YOU IN SALES?

DO YOU CONSIDER YOURSELF A “PEOPLE-PERSON”?

DO YOU LIKE TO RECEIVE OR GIVE HUGS? ARE YOU A

“TOUCHY-FEELING” KIND OF PERSON? OR DO YOU DISLIKE
BEING TOUCHED?

DO YOU HAVE TROUBLE WITH GROUPS/PUBLIC SPEAKING? OR
DO YOU LOVE SPEAKING IN PUBLIC?

THERMOSTAT ISSUES: TOO HOT AND/OR TOO COLD?

ISSUES BETWEEN 9-11PM?

NOTES & QUESTIONS

THE EARTH ELEMENT:

HOW'S YOUR APPETITE? HOW IS YOUR DIGESTION?

ARE YOU A WORRY-WORT?

ARE YOU OVERWEIGHT OR UNDERWEIGHT?

ARE YOU A CARETAKER OR DO YOU WANT TO BE TAKEN
CARE OF?

ARE YOU A MORNING PERSON?

IS BEING UNDERSTOOD VERY IMPORTANT TO YOU?

DO YOU FEEL LIKE SOME PEOPLE JUST DON'T UNDERSTAND
YOU?

DO YOU LIKE OR DISLIKE SWEETS?

DO YOU HAVE TROUBLE WITH HUMIDITY? OR DO YOU LOVE IT?

HOW IS/WAS YOUR RELATIONSHIP WITH YOUR MOTHER?

DO YOU PUT OTHER PEOPLE'S NEEDS FIRST, BEFORE YOUR
OWN...AND THEN GET LOST IN THE SHUFFLE?

IS IT HARD FOR YOU TO ASK FOR HELP?

DO YOU LIKE/OR DISLIKE COOKING, EATING?

DO YOU HAVE NIGHTMARES OR DREAMS OF HOUSES?

DO YOU HAVE MANY AILMENTS THAT NO DOCTOR CAN
FIGURE OUT?

HX OF ANY LUMPS, TUMORS, CYSTS?

HX OF BLOOD SUGAR PROBLEMS: DIABETES OR
HYPOGLYCEMIA? LEG CRAMPS?

ANY PREGNANCY OR MISCARRIAGE ISSUES...OR ISSUES RE:
NOT HAVING CHILDREN...?

EMPTY NEST SNYDROME?

DO YOU HAVE ISSUES OF ABANDONMENT/NURTURING
OR FEELING SMOTHERED?

DO YOU LIKE OR DISLIKE THE COLOR YELLOW AND LATE
SUMMER?

DO YOU LIKE OR DISLIKE SINGING?

POOR ME FEELINGS? TROUBLE SAYING NO?

CRAVING EMPATHY & SYMPATHY?

SPECIFIC EARTH MERIDIANS

STOMACH MERIDIAN:

HAVE YOU EVER HAD STOMACH PROBLEMS: ACID REFLUX,
A HIATAL HERNIA OR A STOMACH ULCER,ETC?
PROBLEMS/ISSUES FROM 7 AM – 9 AM?

SPLEEN MERIDIAN:

DO YOU OBSESS ABOUT LITTLE THINGS?
DO YOUR LEGS/ARMS EVER FEEL HEAVY?
DO YOU EVER GET DRY/CHAPPED LIPS?
CHRONIC FATIGUE? DIABETES OR PANCREAS
ISSUES?
PROLAPSED ORGANS, VEINS?
NIGHTMARES OF SPINNING?
ISSUES BETWEEN 9- 11 AM?

NOTES & QUESTIONS

THE METAL ELEMENT:

HOW IS YOUR RELATIONSHIP WITH YOUR FATHER?

HAVE YOU HAD A MAJOR LOSS IN YOUR LIFE? WHEN?

WAS THERE ANYONE IN YOUR LIFE WHO WAS VERY CRITICAL?

HOW IS YOUR SELF ESTEEM/ SELF-WORTH?

DO YOU NEED TO BE THE “ROCK OF GIBRALTAR”?

ARE YOU A PERFECTIONIST?

DO YOU LIKE OR DISLIKE THE MOUNTAINS?

DO YOU DREAM OF FLYING, SHARP OBJECTS OR THINGS MADE OF METAL?

DO YOU LIKE OR DISLIKE THE COLOR WHITE?

DO YOU KNOW WHAT IS PRECIOUS TO YOU?

DO YOU LIKE TO WEAR JEWELRY?

HOW IS THE QUALITY OF YOUR LIFE?

DO YOU LIKE OR DISLIKE SPICY FOODS?

HOW IS YOUR SENSE OF SMELL?

DO YOU LIKE OR DISLIKE DRYNESS AND/OR FALL?

IS THERE A SAD OR WEEPY SOUND TO YOUR VOICE?

DO YOU NEED RESPECT, APPRECIATION AND TO FEEL SPECIAL?

WOULD YOU CONSIDER YOURSELF A SPIRITUAL/RELIGIOUS PERSON?

DO YOU MEDITATE, PRAY OR FEEL CONNECTED TO GOD OR A HIGHER POWER?

DO YOU HAVE FINANCIAL ISSUES OR CONCERNS?

SPECIFIC METAL MERIDIANS

LUNG MERIDIAN:

ANY LUNG PROBLEMS: I.E. PNEUMONIA, BRONCHITIS, PLEURISY? HAVE YOU EVER SMOKED?

ANY SKIN PROBLEMS? MUCUS ISSUES, ALLERGIES, SORE THROATS, MONO, LEUKEMIA, TROUBLE BETWEEN 3 – 5AM?

TROUBLE RECEIVING LOVE OR FEELING EMPTY? STRONG FEELINGS OF GUILT?

LARGE INTESTINE MERIDIAN:

ARE YOU A “NEAT-FREAK”/ OR “A TOTAL SLOB”?

DO YOU COLLECT THINGS?

DO YOU EVER FEEL LIKE EITHER YOU KNOW IT ALL OR
KNOW NOTHING?

DO YOU LIVE IN THE PAST OR COMPLAIN A LOT?

WOULD YOU CONSIDER YOURSELF A NEGATIVE PERSON?

DO YOU HAVE TROUBLE LETTING GO OF PEOPLE, PLACES
OR THINGS? IS IT HARD FOR YOU TO FORGIVE YOURSELF OR
OTHERS? IS FEELING CONNECTED VERY IMPORTANT TO
YOU...OR DO YOU FEEL LIKE A LONER SOMETIMES... AND
THEREFORE CUT OFF FROM OTHERS?

DO YOU HAVE TROUBLE WITH YOUR BOWELS: I.E. EITHER
CONSTIPATION OR DIARRHEA? IBS? HERNIAS?

ISSUES BETWEEN 5-7AM??

NOTES AND QUESTIONS

THE WATER ELEMENT:

DO YOU LIKE SALTY FOODS? POTATO CHIPS? PRETZELS?

DO YOU LIKE COLD WEATHER/WINTER?

WOULD YOU CONSIDER YOURSELF A FEARFUL PERSON?

ARE YOU A DARE-DEVIL?

DO YOU LIKE TO LOOK AT WATER? THE OCEAN; A LAKE; A
STREAM OR A WATERFALL? DOES IT FEEL SOOTHING/
PEACEFUL?

DO YOU HAVE ANY PHOBIAS?(FEAR OF THE DARK? INSECTS?)

HOW ARE YOUR TEETH? ANY BROKEN BONES?

HAVE YOU HAD ANY KIDNEY/BLADDER OR PROSTATE
PROBLEMS?

DO YOU NEED REASSURANCE THAT EVERYTHING IS GOING
TO BE OK?

DO YOU LIKE OR DISLIKE THE COLOR BLUE OR BLACK?

DO YOU FEEL REFRESHED IF YOU TAKE A NAP, ESPECIALLY
BETWEEN 3PM AND 7PM?

DO YOU DREAM ABOUT WATER/ICE?

SPECIFIC WATER MERIDIANS

BLADDER MERIDIAN:

HAVE YOU EVER HAD SCIATICA?

DO YOU OFTEN FEEL BURNT OUT, BURNING YOUR CANDLE
AT BOTH ENDS?

IF YOU FEEL TIRED, DOES IT FEEL LIKE SOMEBODY JUST
“PULLED THE PLUG”?

DO YOU SOMETIMES FEEL LIKE YOU ARE THE ENERGIZER
BUNNY AND YOU HAVE LOTS OF ENERGY?

DO YOU FEEL OVERWHELMED AND FEEL LIKE YOU NEED A
VACATION?

ISSUES BETWEEN 3-5PM?

KIDNEY MERIDIAN:

DO YOU FEEL BRAVE OR COURAGEOUS?

DO YOU HAVE LOW BACK AND/OR KNEE PAIN???

WERE YOU BORN WITH ANY CONGENITAL PROBLEMS?

ANY SPINE OR BRAIN INJURIES?

DO YOU HAVE SCARY DREAMS? OR SEXUAL DREAMS?

HOW IS YOUR WILLPOWER?

DO YOU HAVE MUCH AMBITION?

ANY ISSUES BETWEEN 5-7PM

NOTES & QUESTIONS

THE WOOD ELEMENT:

DO YOU EXPERIENCE A LOT OF ANGER?
ARE YOU EASILY FRUSTRATED, IMPATIENT OR IRRITABLE?
DO YOU LIKE OR DISLIKE SOUR FOODS?
DO YOU ENJOY OR DISLIKE SPRING?
DO YOU LIKE OR DISLIKE THE WIND?
DO YOU HAVE ACHES AND PAINS THAT MIGRATE (MOVE
AROUND YOUR BODY)?
DO YOU HAVE HEADACHES VERY OFTEN??
DO YOU EVER GET MIGRAINES? FLOATERS? EYE PROBLEMS?
ARE YOU A NIGHT PERSON?
DO YOU HAVE ANY PROBLEMS SLEEPING BETWEEN 11PM
AND 3AM?
DO YOU FEEL LIKE YOU NEED A SENSE OF DIRECTION?
ARE YOU AN ARTIST, WRITER, DANCER, MUSICIAN OR POET?
DO YOU FEEL ENVIOUS OR JEALOUS OF OTHER PEOPLE?
DOES THE GRASS ALWAYS SEEM GREENER SOMEWHERE
ELSE? DO YOU LIKE/DISLIKE THE COLOR GREEN?

SPECIFIC WOOD MERIDIANS

GALL BLADDER MERIDIAN:

IF YOU HAVE HEADACHES ...ARE THEY
ONE SIDED OR TEMPORAL?
DO YOU TEND TO PROCRASTINATE A LOT??
DO YOU MAKE LISTS? DO YOU PAY ATTENTION TO DETAILS?
DO YOU KNOW HOW TO MAKE YOUR DREAMS COME
TRUE?
DO YOU HAVE TROUBLE MAKING DECISIONS?
ANY SPECIFIC GALL BLADDER PROBLEMS?
ANY SPECIFIC SHOULDER PROBLEMS? OR ANY ONE-SIDED
PROBLEMS? DO YOU HAVE TROUBLE WITH LIGAMENTS
TENDONS? OR HIP PAIN?
DOES LIFE SEEM UNFAIR OR UNJUST? ARE YOU A CRUSADER
FOR JUSTICE?
ISSUES BETWEEN 11PM-1AM?

LIVER MERIDIAN:

IF YOU HAVE HEADACHES... DO THEY FEEL LIKE A TIGHT HAT-BAND OR LIKE YOUR HEAD IS IN A VISE?

CAN YOU SEE THE FUTURE? THE BIG PICTURE? DREAMS & GOALS?

DO YOU EVER FEEL HOPELESS OR LOST?

ANY INVOLVEMENT WITH DRUGS/ALCOHOL OR TROUBLE BREAKING "BAD HABITS"?

ARE YOU VERY COMPETITIVE/ DO YOU COMPARE YOURSELF WITH OTHERS A LOT?

ARE YOU WELL ORGANIZED?

DO YOU CHECK AND RE-CHECK THE ALARM CLOCK TO MAKE SURE IT IS SET AT NIGHT?

ARE YOU GOOD AT PLANNING? DO YOU GET UPSET EASILY IF PLANS CHANGE?

ISSUES BETWEEN 1AM – 3AM??

NOTES & QUESTIONS