



## TCM Lifestyle Questionnaire

As you go through the following questionnaire, please answer with the first response that comes to mind. This exercise is for your benefit only, and there are no right or wrong answers. Your responses may help make you aware of any imbalances in your life, and this new awareness can be a tool with which you can begin to rectify any outstanding issues in how you live your life. For each element, "Yes" answers indicate that there are issues that might become a reason for imbalance in your life.

### Water

*Our water energies define our innate sense of being, our inherited constitution, our sense of inner security, and our sense of being rooted in our life. This could be described as our inner worth, independent of what we do for a living, who we are with, and what our life situation is.*

	<b>Yes</b> TRUE	<b>No</b> UNTRUE
Do I have difficulty being by myself alone?	<input type="checkbox"/>	<input type="checkbox"/>
I seem to have more fears than many other people.	<input type="checkbox"/>	<input type="checkbox"/>
Is it difficult for me to love myself?	<input type="checkbox"/>	<input type="checkbox"/>
Do I define myself primarily by my roles or status in life?	<input type="checkbox"/>	<input type="checkbox"/>
I prefer solitude to social gatherings.	<input type="checkbox"/>	<input type="checkbox"/>
Am I afraid that I, alone, am not enough?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel unworthy in my life as it is?	<input type="checkbox"/>	<input type="checkbox"/>
I am still looking for "my purpose" in this life.	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel like my life is lacking in destiny?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have difficulty honoring myself?	<input type="checkbox"/>	<input type="checkbox"/>
I feel little reason for my life other than what I do for a living/do for others/accomplish.	<input type="checkbox"/>	<input type="checkbox"/>
I have the most difficulty with the emotion fear.	<input type="checkbox"/>	<input type="checkbox"/>
I need to find myself in life.	<input type="checkbox"/>	<input type="checkbox"/>

- |  |                          |                          |
|--|--------------------------|--------------------------|
| Do I feel like the glass is half empty?  | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't feel like I have an inner purpose.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Am I overly critical about myself and the world around me?   | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I feel like I need to be anchored in life?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I have difficulty feeling a sense of inner security?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Am I zoning out and being forgetful?   | <input type="checkbox"/> | <input type="checkbox"/> |
| When I am troubled, do I withdraw from others?   | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel like I'm lacking in potential.  | <input type="checkbox"/> | <input type="checkbox"/> |
| Is fear my most prominent emotion?<br>(fear of financial insecurity, fear of being alone, fear of not becoming a parent) | <input type="checkbox"/> | <input type="checkbox"/> |

Physical symptoms associated with water imbalances:  
 Low back pain or weakness (foundation)  
 Knee pain or weakness  
 Reproductive difficulties  
 Urinary issues  
 Low libido/impotence  
 Temperature intolerance (cold or hot)

## Wood

*Our wood energies help us become and overcome. They are a powerful force that take us from where we are to where we can be. Healthy wood energies are able to flow freely, unobstructed, and allow us to create, imagine, dream, and set goals. Wood energies also allow for the free flowing of our emotional response to the weather of the world.*

- |   | Yes<br>TRUE              | No<br>UNTRUE             |
|---|--------------------------|--------------------------|
| Do I feel as though I am not creative?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I have difficulty setting goals?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Is it difficult for me to overcome barriers in my life? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I have troubling dreams?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| Has anyone ever accused me of being a workaholic?       | <input type="checkbox"/> | <input type="checkbox"/> |

- |   |                          |                          |
|---|--------------------------|--------------------------|
| Do I feel angry a lot?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Is it difficult for me to retreat during a struggle?          | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty standing up for myself or for what's right. | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I use alcohol or medication to express negative feelings?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I have difficulty making decision?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| I have extreme PMS.   | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel depressed.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I have difficulty following through with decisions?        | <input type="checkbox"/> | <input type="checkbox"/> |
| Does it feel like I have more desires than satisfactions?     | <input type="checkbox"/> | <input type="checkbox"/> |
| Does it seem like my imagination is lacking?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| I am not intuitive.   | <input type="checkbox"/> | <input type="checkbox"/> |
| I am easily frustrated.                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| Sometimes it seems that my desires are too strong.            | <input type="checkbox"/> | <input type="checkbox"/> |
| I can get things done, without regard for obstacles.          | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel stuck in one or more areas of my life.                 | <input type="checkbox"/> | <input type="checkbox"/> |
| Am I tolerating situations that need to change?               | <input type="checkbox"/> | <input type="checkbox"/> |
| Sometimes I have difficulty honoring others' boundaries.      | <input type="checkbox"/> | <input type="checkbox"/> |
| Is it difficult for me to feel or express my emotions?        | <input type="checkbox"/> | <input type="checkbox"/> |
| My work/job means everything to me.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty shifting directions when plans change.      | <input type="checkbox"/> | <input type="checkbox"/> |
| My greatest solace is hoping things will be different.        | <input type="checkbox"/> | <input type="checkbox"/> |
| Am I overly aggressive in conversation?                       | <input type="checkbox"/> | <input type="checkbox"/> |
| I have been making impulsive decisions.                       | <input type="checkbox"/> | <input type="checkbox"/> |
| Physical symptoms associated with wood imbalances:            |                          |                          |
| Headaches   |                          |                          |
| Muscular tension  |                          |                          |
| TMJ – tight jaws  |                          |                          |
| High blood pressure   |                          |                          |

Workaholism  
 Alcohol, drug, or substance abuse  
 Difficulty releasing impurities  
 Toxic buildup in the blood  
 Internal inflammatory processes  
 Gas, bloating, vague cramping  
 Premenstrual tension  
 Breast pain or tenderness

## Earth

*Earth energies define our center. Through them we create our reality by manifesting our dreams and visions through intention, thoughts, beliefs, and action. In their highest capacity, Earth energies allow us stability and predictability. In their extreme, however, they can keep us stuck in unhealthy patterns that need to be changed.*

	<b>Yes</b> TRUE	<b>No</b> UNTRUE
Do I still hold many of my childhood beliefs?	<input type="checkbox"/>	<input type="checkbox"/>
Do I worry a lot?	<input type="checkbox"/>	<input type="checkbox"/>
I am uncomfortable with changes.	<input type="checkbox"/>	<input type="checkbox"/>
Is my sense of self ill-defined or vague?	<input type="checkbox"/>	<input type="checkbox"/>
I am a natural born caretaker (of others).	<input type="checkbox"/>	<input type="checkbox"/>
My mind seems to wander or I daydream frequently.	<input type="checkbox"/>	<input type="checkbox"/>
I find it challenging to stay on task.	<input type="checkbox"/>	<input type="checkbox"/>
I know other people's needs more than I know my own.	<input type="checkbox"/>	<input type="checkbox"/>
I just don't know what I want out of life.	<input type="checkbox"/>	<input type="checkbox"/>
I feel like I'm at war with myself.	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty expressing what's important to me.	<input type="checkbox"/>	<input type="checkbox"/>
I am often concerned about my own health.	<input type="checkbox"/>	<input type="checkbox"/>
I spend quite a bit of time thinking about what I eat.	<input type="checkbox"/>	<input type="checkbox"/>
I have a great need to give.	<input type="checkbox"/>	<input type="checkbox"/>
Everyone else seems to have it easier than me.	<input type="checkbox"/>	<input type="checkbox"/>

- |   |                          |                          |
|---|--------------------------|--------------------------|
| I don't have enough to give to others.                  | <input type="checkbox"/> | <input type="checkbox"/> |
| I am very sympathetic.                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| I value stability.                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel bogged down in my life.                          | <input type="checkbox"/> | <input type="checkbox"/> |
| I've been called a martyr.                              | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty concentrating on one thing at a time. | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't know what I believe.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| It matters what people think of me.                     | <input type="checkbox"/> | <input type="checkbox"/> |

Physical symptoms associated with earth imbalances:

- Low energy, fatigue
- Digestive disturbances
- Low appetite
- Being overly mindful of food or digestive issues
- Eating disorders
- Stomach ulcers
- Low blood pressure
- Easy bruisability
- Loose stools, tendency toward diarrhea
- Bleeding disorders, spotting, heavy bleeding

## Metal

*Metal gives our world a sense of order and direction. Metal energies provide for a healthy give and take in the exchange of life – the natural expanding and contracting of nature itself. When our metal energies are in balance, we tend to feel a sense of stability in our world. When our metal tendencies become too keen, however, our world can become overly rigid, lacking flow and ease -- we might tend to grasp onto our world's appearance in order to achieve a sense of control in our lives, rather than allowing its organic, unpredictable flow.*

- |  | <b>Yes</b><br>TRUE       | <b>No</b><br>UNTRUE      |
|--|--------------------------|--------------------------|
| I demand perfection of myself and others.            | <input type="checkbox"/> | <input type="checkbox"/> |
| It is important to me that things done right.        | <input type="checkbox"/> | <input type="checkbox"/> |
| I like to stick to my schedule and specific routine. | <input type="checkbox"/> | <input type="checkbox"/> |
| I am a good judge of character.                      | <input type="checkbox"/> | <input type="checkbox"/> |

I prefer leading than following.	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty feeling my emotions.	<input type="checkbox"/>	<input type="checkbox"/>
I count calories and strictly monitor what goes in my mouth.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel out of sorts in unfamiliar situations.	<input type="checkbox"/>	<input type="checkbox"/>
I like my work and home meticulously clean and organized.	<input type="checkbox"/>	<input type="checkbox"/>
Appearances are extremely important to me.	<input type="checkbox"/>	<input type="checkbox"/>
I keep an organized household/office.	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty loaning things to others.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes feel overly critical of others.	<input type="checkbox"/>	<input type="checkbox"/>
I am fastidious.	<input type="checkbox"/>	<input type="checkbox"/>
I am quite discriminatory.	<input type="checkbox"/>	<input type="checkbox"/>
Do I often have difficulty releasing things that no longer benefit me or others?	<input type="checkbox"/>	<input type="checkbox"/>
Appearances mean nothing to me.	<input type="checkbox"/>	<input type="checkbox"/>
When my finances are in order, my life is in order.	<input type="checkbox"/>	<input type="checkbox"/>
I tend to feel sad or melancholy.	<input type="checkbox"/>	<input type="checkbox"/>
Would I benefit from loosening up a bit more?	<input type="checkbox"/>	<input type="checkbox"/>
I believe cleanliness might be close to Godliness.	<input type="checkbox"/>	<input type="checkbox"/>
I am good at sorting and classifying things.	<input type="checkbox"/>	<input type="checkbox"/>
I tend to think that those who do not share my beliefs are wrong.	<input type="checkbox"/>	<input type="checkbox"/>
I don't care at all about my appearance or belongings.	<input type="checkbox"/>	<input type="checkbox"/>
I have the most difficulty when things feel as if they are out of my control.	<input type="checkbox"/>	<input type="checkbox"/>
It seems like most things of value have slipped through my fingers and are out of my grasp.	<input type="checkbox"/>	<input type="checkbox"/>
My regrets haunt me.	<input type="checkbox"/>	<input type="checkbox"/>

Physical symptoms associated with metal imbalances:

Respiratory issues

Asthma

Shortness of breath

Disorders of the skin or scalp

Large intestine or rectal issues – constipation, hemorrhoids

Allergies, hives

Environmental sensitivities

## Fire

*Fire energies provide the warmth of connection – with our deepest self, with each other, and with the spirit of all. Our spirit is said to live in the heart, and when we share our deepest self with others – without regard for return, the heart is fulfilling its role. When the heart is injured, we either hunger for constant companionship, or may withdraw into our own fantasy world where we reign supreme. The heart represents illumination and awareness.*

	<b>Yes</b> TRUE	<b>No</b> UNTRUE
Fulfilling my desires makes me happiest.	<input type="checkbox"/>	<input type="checkbox"/>
I feel good about myself when I give in to others' desires.	<input type="checkbox"/>	<input type="checkbox"/>
I trust very few people.	<input type="checkbox"/>	<input type="checkbox"/>
I usually know what's right and what others should do.	<input type="checkbox"/>	<input type="checkbox"/>
I feel best when there is a lot of activity around me.	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty being quiet.	<input type="checkbox"/>	<input type="checkbox"/>
I feel quite restless much of the time.	<input type="checkbox"/>	<input type="checkbox"/>
Connection with others is my greatest passion.	<input type="checkbox"/>	<input type="checkbox"/>
Most people will betray you if you give them the chance.	<input type="checkbox"/>	<input type="checkbox"/>
I should have been famous.	<input type="checkbox"/>	<input type="checkbox"/>
I'm still waiting for the recognition I deserve.	<input type="checkbox"/>	<input type="checkbox"/>
Control is required to achieve the outcome that's right for me.	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty being alone with myself.	<input type="checkbox"/>	<input type="checkbox"/>
It's hard for me to connect with others.	<input type="checkbox"/>	<input type="checkbox"/>

- |   |                          |                          |
|---|--------------------------|--------------------------|
| Sometimes my emotions seem inappropriate to what triggers them.         | <input type="checkbox"/> | <input type="checkbox"/> |
| Love can't be counted on; only the mind can.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| My heart has been broken many times.                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| I've never let my heart become broken.                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't know that I have ever loved purely.                             | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty being spontaneous in life.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| It is difficult for me to rest fully.                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| It is difficult for me to experience joy.                               | <input type="checkbox"/> | <input type="checkbox"/> |
| Above all else, I crave excitement.                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| If I'm not being entertained, I feel discontented.                      | <input type="checkbox"/> | <input type="checkbox"/> |
| I've never truly followed my heart.                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Intimacy isn't safe.  | <input type="checkbox"/> | <input type="checkbox"/> |
| People don't seem to understand or "get" me.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| I have little faith in the nature of things.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| My feelings get hurt very easily.                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| I dream so vividly I can barely sleep.                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| I have a full social calendar.  | <input type="checkbox"/> | <input type="checkbox"/> |
| I have a tendency to "go go go" until I crash.                          | <input type="checkbox"/> | <input type="checkbox"/> |
| I like for everyone around me to be happy.                              | <input type="checkbox"/> | <input type="checkbox"/> |
| Some call my pursuits impractical,<br>but I like to reach for the stars | <input type="checkbox"/> | <input type="checkbox"/> |
| I jump out of my seat in scary movies.                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| I have a tendency to feel scattered in too<br>many directions at once.  | <input type="checkbox"/> | <input type="checkbox"/> |
| I often feel anxious.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Physical symptoms associated with fire imbalances:                      |                          |                          |



Psychological disturbances  
Depressive and mood disorders  
Restlessness  
Ongoing irritability  
Irritable bowel syndrome  
Psychic discontent  
Insomnia, nightmares, sleeping disorders  
Heart palpitations or heart rhythm disorders

For each element, "Yes" answers indicate that there are issues that might become reasons for imbalance in your life. We will use additional exercises throughout the retreat process to shine the light of awareness on these issues and find ways to resolve them.

