

FIRE CHILD WATER CHILD

Questionnaire



Who Is My Child?

Please complete the questionnaire using a 5-point scale:

(1)	(2)	(3)	(4)	(5)
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither Inaccurate or Accurate</i>	<i>Moderately Accurate</i>	<i>Very Accurate</i>

I would describe my child as:

The Water Child

1. A seeker of knowledge and understanding	
2. A dreamer	
3. Takes time to react to situations and events	
4. Prefers routine to adventure	
5. Keeps feelings, thoughts and opinions private	
6. Content figuring things out for self	
7. Prefers anonymity to the spotlight	
8. Chooses solitude over socializing	
9. Is slow to start	
10. Is wary of other people	
11. Can get lost in fantasy and curiosity	
12. Contradicts others as a way to discover the truth	
13. Considered by some to be unusual or eccentric	
14. Can be stubborn and headstrong	
15. Often fears the worst	
16. Is often hard to read	
17. Tends to get dull headaches	
18. Tends to get vague somatic complaints (e.g. low back pain, joint pain)	
19. Tends to be apathetic and withdrawn when stressed	
20. Tends to crave salty foods	

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The Wood Child

1. Loves action and movement	
2. Seeks challenge and pushes limits	
3. Does not wait for others to lead the way	
4. Does not hold back opinions	
5. Prefers making change to routine	
6. Enjoys being first, best, hates losing	
7. Enjoys pressure, speed and adventure	
8. Learns by doing, not talking	
9. Likes to test rules	
10. Is drawn to danger, seems to have no fear	
11. Acts boldly and decisively even without all the information	
12. Adapts quickly to new situations	
13. Can be intolerant or impatient	
14. Goal and achievement-oriented	
15. Is confident in abilities and judgments	
16. Is decisive and eager to experiment	
17. Tends to get tension headaches, neck pains	
18. Tends to eat on the run	
19. Tends to get angry easily, to yell and shout	
20. Tends to crave stimulants, sweets	

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The Fire Child

1. Openly expresses excitement and enthusiasm to others	
2. Is naturally funny and fun-loving	
3. Is animated and enthusiastic	
4. Seeks contact and stimulation	
5. Is sensitive and vulnerable to extremes of emotions	
6. Follows intuition	
7. Experiences emotions intensely	
8. Trusts what others say	
9. Likes to make last-minute plans and preparations	
10. Uses flattery and charm to get what wants	
11. Communicates with passion, compassion and inspiration	
12. Is drawn to rewards and instant gratification	
13. Is hopeful and optimistic in spite of what others may say or believe	
14. Loves sensation and drama	
15. Enjoys being the center of attention	
16. Often complains of being bored	
17. Tends to eat when bored	
18. Tends to get dramatic symptoms, (e.g. high fevers, loud coughs)	
19. Tends to get explosive diarrhea when nervous	
20. Tends to become hypoglycemic	

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The Earth Child

1. Enjoys just being in the company of other people	
2. Likes to get involved in other people's lives	
3. Is caring, kind-hearted and concerned for the welfare of others	
4. Dislikes conflict	
5. Believes in the good intentions of others	
6. Likes to be involved, but not the center of attention	
7. Makes people feel welcome	
8. Finds security in loyalty and sustained connections	
9. Mediates disputes so that all are satisfied	
10. Is agreeable and accommodating	
11. Likes fitting in and being needed	
12. Can be needy and helpless	
13. Puts others' needs first	
14. Can become indecisive and worried	
15. Values stability and predictability in relationships	
16. Advocates for those in greatest need of friendship, sustenance, or recognition	
17. Shifts from being shy to talking excessively	
18. Tends to gain weight easily	
19. Tends to crave carbohydrates	
20. Tends to get stomachaches when nervous	

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The Metal Child

1. Finds security in order and regularly	
2. Likes when everyone is following proper procedures	
3. Is content with few close attachments	
4. Likes when things go according to plan	
5. Is methodical, meticulous and discriminating	
6. Is drawn to patterns and structure	
7. Has high standards	
8. Restrained in expressing feelings or opinions	
9. Is particular about likes and dislikes	
10. Can be judgmental and self-righteous	
11. Strives to create order from chaos	
12. Strives for mastery, virtue and perfection	
13. Enjoys taking things apart and putting them back together	
14. Can become hyper-focused and rigid when stressed	
15. Prefers composure to excitement	
16. Dislikes change, prefers consistency	
17. Tends to get stuck in details when stressed	
18. Tends to be a very picky eater,	
19. Tends to be constipated	
20. Tends to get dry skin, eczema, wheezing	

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