

FIVE-ELEMENT

PERSONALITY TEST

To find out which five element type your horse is, answer the multiple choice questions below. Read each question and then choose the answer or statement that **BEST** matches your horse. Choose only one answer for each question, and put the associated letter in the space to the lower right of the question. For instance, for the first question about grooming, if you horse is most likely to fall asleep while being groomed, write the letter “E” in the space next to “GROOMING”.

After you have completed all the questions, follow the instructions at the end of the test to calculate your results.

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**Grooming –** Your horse responds to grooming by:

F Getting shined up and polished to look more beautiful

WD Tolerating grooming but moving around if you take too long

E Falling asleep while being groomed

M Not seeming to notice or care he is being groomed

WR Getting tense

**GROOMING:** \_\_\_\_\_\_

**System Weakness –** When your horse shows physical symptoms they most often involve:

F Circulation

WD Hooves, connective tissues

E Digestive system

M Respiratory system or large intestine

WR Joints, lower back

**SYSTEM WEAKNESS: \_\_\_\_\_**

**Emotions –** In a new situation your horse is most likely to be:

F Anxious, reactive

WD Irritable

E Worried, but internalizes it

M Unconcerned

WR Fearful and flighty

**EMOTIONS: \_\_\_\_\_**

**Training Issues –** If you encounter a training issue with your horse he most often:

F Gets excited and loses focus

WD Gets angry and resistant

E Sulks or gets pushy

M Shuts down and gets stiff

WR Becomes afraid and unmanageable

**TRAINING ISSUES: \_\_\_\_\_**

**Physical –** Which physical ailments is your horse most likely to experience (based on your past experience)?

F Anhydrosis, gastric ulcers, heat stress, spasmodic colic

WD Bowed tendon, pulled suspensory ligament, itchy skin, uveitis

E Stocking up, indigestion, sway back, moist skin eruptions

M Cough, dry skin, impaction colic

WR Arthritis with cartilage damage, low back weakness, weakness in hind legs, bladder infections

**PHYSICAL: \_\_\_\_\_**

**Hooves –** If you gave your horse no hoof or digestive supplements his hooves would be:

F Thin soled

WD Thin walled

E Prone to thrush

M Upright and thick walled

WR Fairly normal

**HOOVES: \_\_\_\_\_**

**Activities –** Your horse most likes activities where he can:

F Show off

WD Win

E Work the least

M Be consistent

WR Feel safe

**ACTIVITIES: \_\_\_\_\_**

**Training –** When introducing new lessons, your horse:

F Is thrilled

WD Gets bored quickly once he grasps the new concept

E Gets grumpy

M Is willing to learn and is happy to drill until he gets it

WR Learns slowly and must be supported and rewarded for slight progress

**TRAINING: \_\_\_\_\_**

**Herd Behavior –** Around other horses your horse is:

F Friendly and playful

WD Aggressive

E Tolerant of the other horses

M Bonds easily and becomes attached to his her mates

WR Is the favorite with the young horses

**HERD BEHAVIOR: \_\_\_\_\_**

**Favorite Pastime –** Your horse is happiest when he is:

F Being appreciated

WD Competing

E Eating; all horses like this activity but some are really into it

M Hanging out

WR Being left alone

**FAVORITE PASTIME: \_\_\_\_\_**

**Season –** Your horse has more problems in the:

F Summer

WD Spring

E Late summer

M Fall

WR Winter

**SEASON: \_\_\_\_\_**

**Weather –** Your horse is worse if the weather is:

F Hot

WD Windy

E Damp

M Dry

WR Cold

**WEATHER: \_\_\_\_\_**

**Housing –** If kept stalled for long periods your horse has a tendency to:

F Weave or walk the stall

WD Paw and kick

E Get grouchy and moody

M Cope with it

WR Be content

**HOUSING: \_\_\_\_\_**

**Body Condition –** With normal feeding your horse is:

F Just right

WD Thin but well balanced

E Too fat

M Lean with good muscle

WR Weedy looking

**BODY CONDITION: \_\_\_\_\_**

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**Calculate Your Results**

To calculate your results, tally up the total number of each letter (F, WD, E, M, WR) in the chart below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **F** | **WD** | **E** | **M** | **WR** |
|  |  |  |  |  |

The letter that was chosen most frequently determines your horse’s five-element temperament type. Use the key below to match the letter with the five element type:

F = Fire

WD = Wood

E = Earth

M = Metal

WR = Water

If you have about the same high number of answers in two different element types, your horse may be evenly balanced between the two. To find out more about your horse’s elemental type, read the detailed descriptions in the Horse Harmony book (available at [www.holistichorskeeping.com](http://www.holistichorskeeping.com)) or visit the Horse Harmony website (<http://www.horseharmony.com>).

Once you have your test results, go to <http://www.holistichorsekeeping.com/>, click "Resources" and  choose **"Info to 5 Element Typing"**  for more 5 Element resources. You may also want to click **"Forum"** to see answers Dr. Ward has provided to clients concerning their 5 Element questions.