



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 your 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.



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: _____



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.holistichorsekeeping.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.