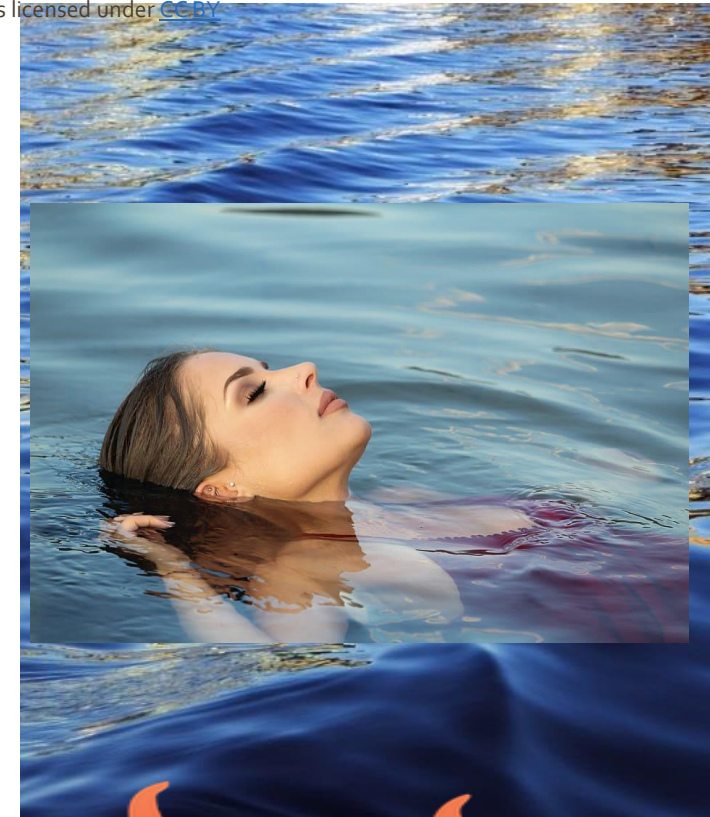




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# *The 5 Elements* *of Personality* *Theory 101*

Michael V Farnum 1/15/24



*Well, there's people, and more people . . .*

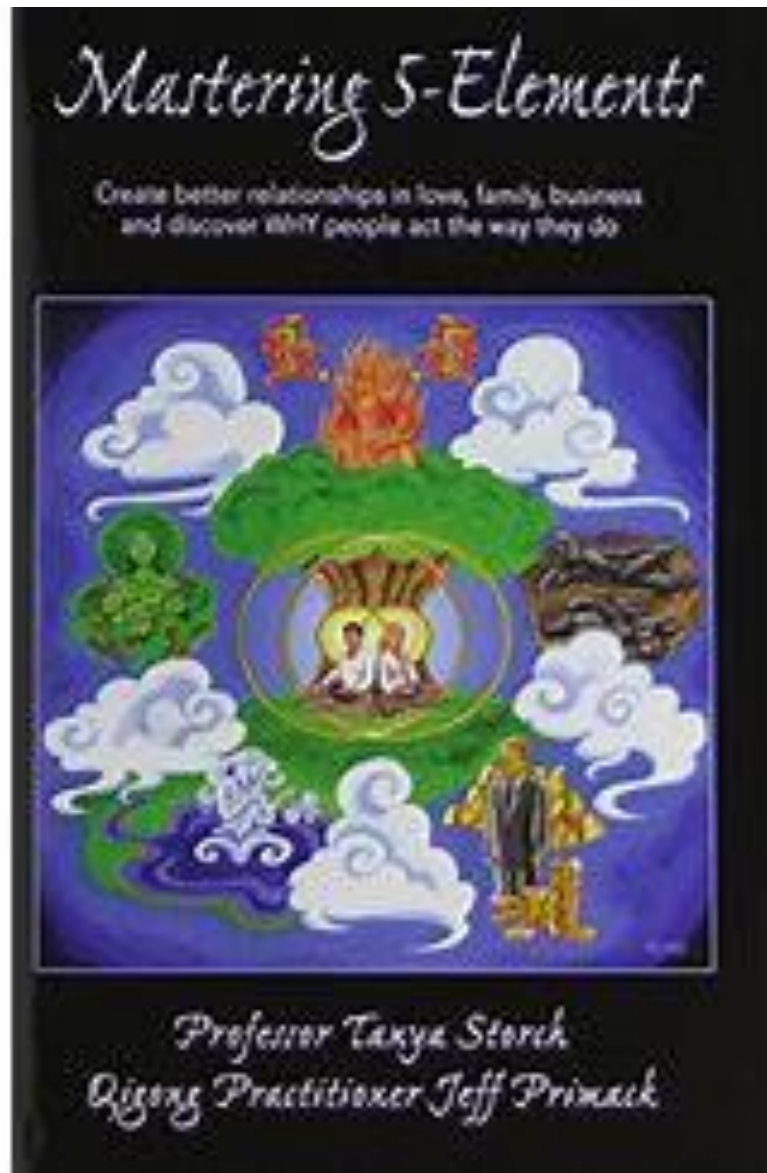
*Did you ever wonder,  
Why do people act the way they do? . . .*

*Why are there certain people who just rub you the wrong way???. . .*



*Could it all possibly come down to 5 simple elements?*

*According to Traditional Chinese Medicine personality theory, Yes . . .*



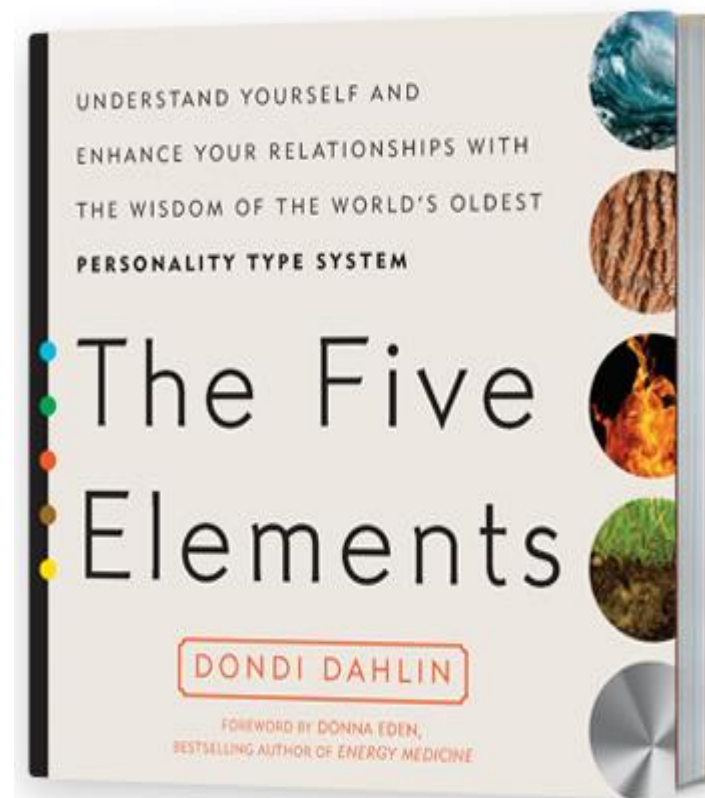
Wood

Fire

Earth

Metal

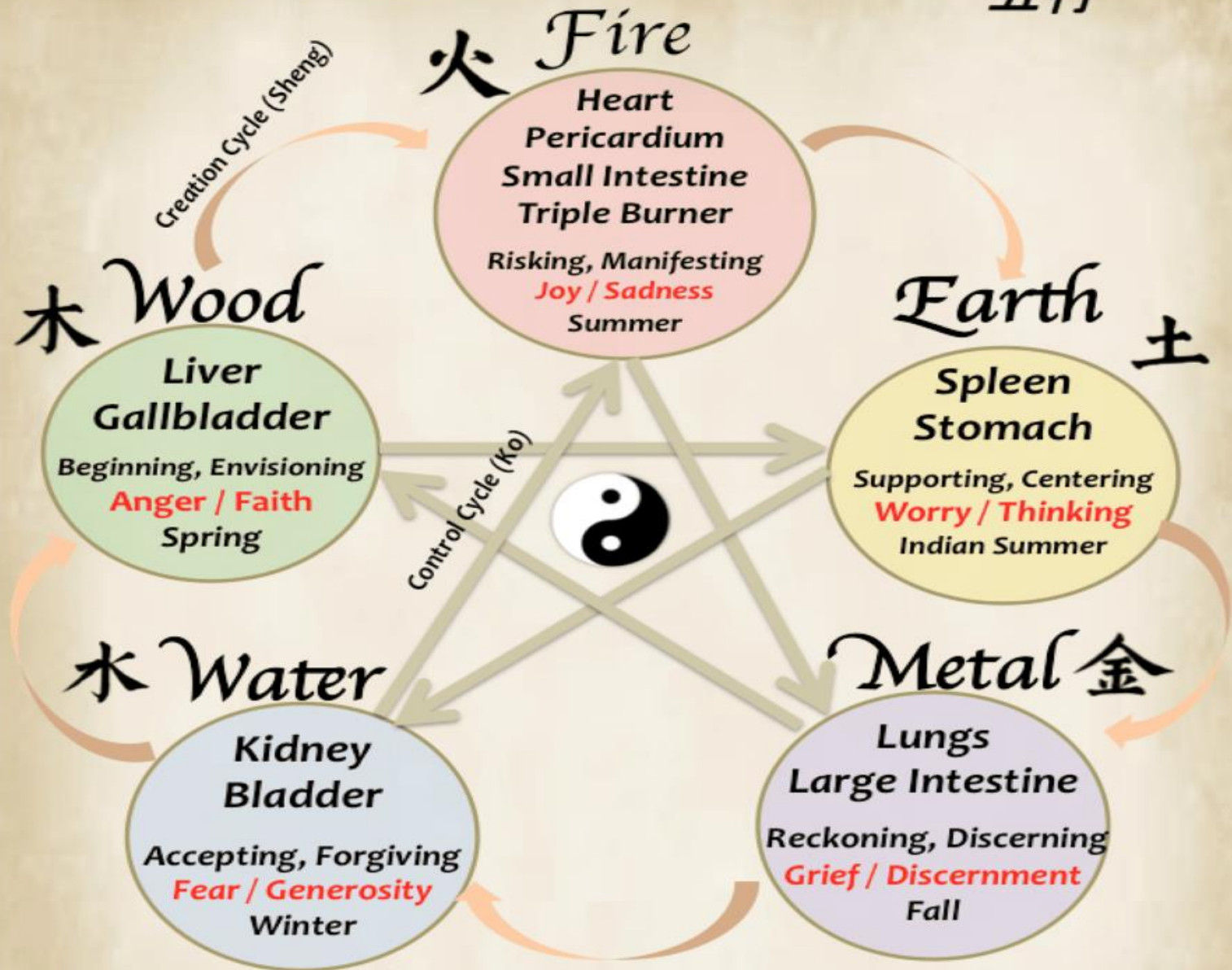
Water



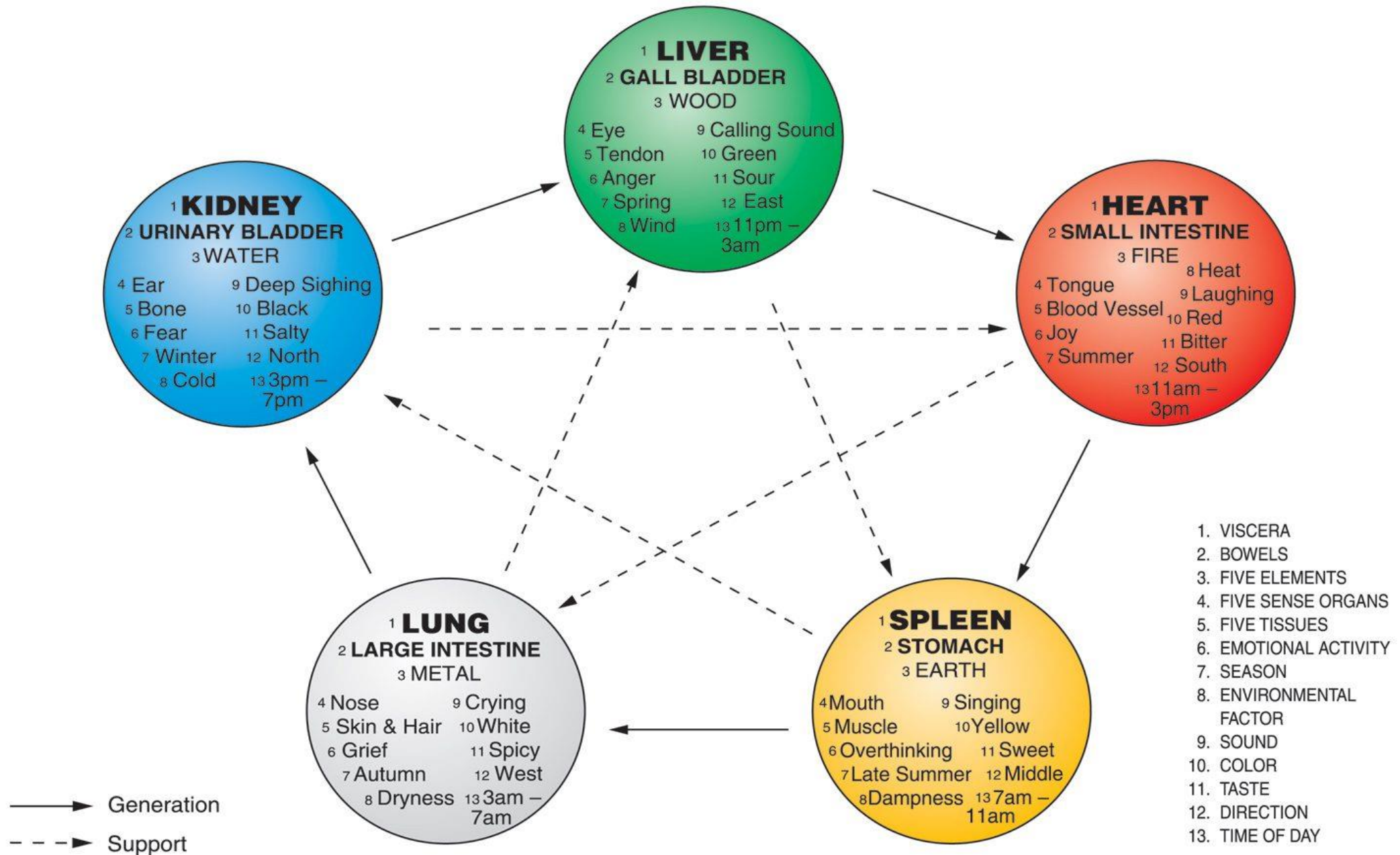


# The Chinese Five Element System

五行



# CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



# In Qi Gong we have the idea of the 5 Elements:

## Body – Emotions connection

Wood – Liver/gall bladder From Anger to Focus

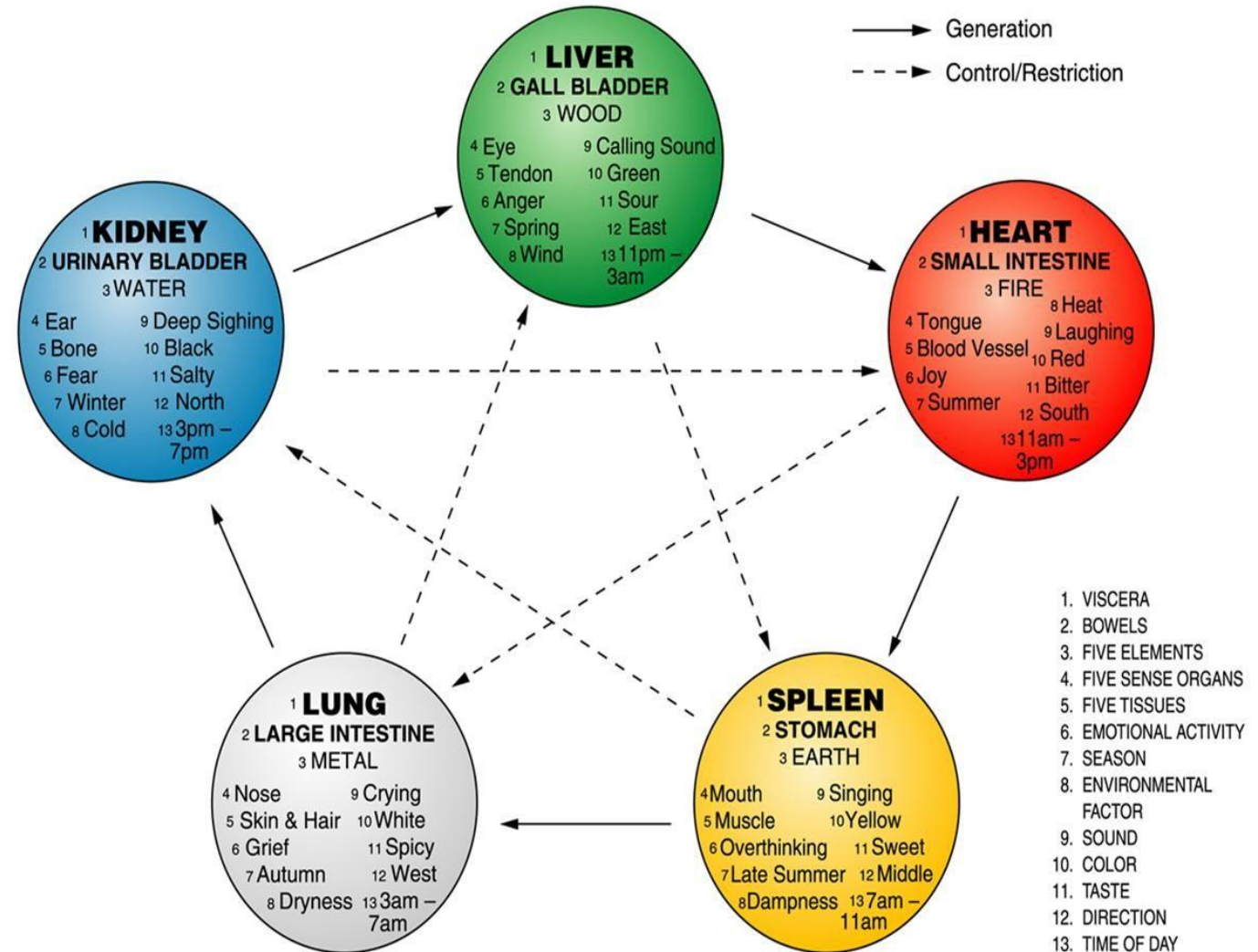
Fire – Heart/small intestine From shock/overwhelm to Joy

Earth – Stomach/spleen From Anxiety to Care/Compassion

Metal – Lungs/LI Purging grief/sadness to cultivate wisdom and personal growth

Water -- Kidneys/bladder. From fear to courage.

## CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



	Strengths	Weaknesses
<b>Metal</b>	<ul style="list-style-type: none"> <li>➤ Ambitious and competitive</li> <li>➤ Good leadership qualities</li> <li>➤ Independent</li> <li>➤ Determined and driven</li> <li>➤ Not easily swayed and discouraged</li> <li>➤ High standards in values and belief</li> <li>➤ Strong instincts dealing with monetary issues</li> </ul>	<ul style="list-style-type: none"> <li>➤ Opinionated</li> <li>➤ Generally non-expressive</li> <li>➤ Stubborn and unreasonable when things are not to their expectation</li> <li>➤ Merciless, unkind and aggressive</li> </ul>
<b>Earth</b>	<ul style="list-style-type: none"> <li>➤ Naturally organized and effective planners</li> <li>➤ Serious, practical and analytical</li> <li>➤ Hard-working</li> <li>➤ Wise and intelligent</li> <li>➤ Good at handling money</li> <li>➤ Disciplined, reliable and stable</li> <li>➤ Able to fully utilize their resources</li> <li>➤ Good at nurturing others</li> </ul>	<ul style="list-style-type: none"> <li>➤ Conservative and reserved</li> <li>➤ Overprotective</li> <li>➤ Obstinate</li> <li>➤ Miserly</li> <li>➤ Unimaginative</li> <li>➤ Boring</li> </ul>
<b>Fire</b>	<ul style="list-style-type: none"> <li>➤ Spontaneous and positive</li> <li>➤ Versatile</li> <li>➤ Charismatic and expressive</li> <li>➤ Passionate, enthusiastic, ambitious and self-motivated</li> <li>➤ Adventurous, thrill seekers and driven by risk</li> <li>➤ Creative and innovative</li> <li>➤ Decisive and born leaders</li> </ul>	<ul style="list-style-type: none"> <li>➤ Dislikes aloneness and seek for attention</li> <li>➤ Restless and impatient</li> <li>➤ Insensitive and inconsiderate</li> <li>➤ Can be manipulative</li> <li>➤ Susceptible to mood swings</li> <li>➤ Aggressive and dominating</li> <li>➤ Impulsive and volatile</li> </ul>
<b>Wood</b>	<ul style="list-style-type: none"> <li>➤ Sociable, kind and compassionate</li> <li>➤ Empathetic, understanding and diplomatic</li> <li>➤ Ethical</li> <li>➤ Self-assured</li> <li>➤ Generous</li> <li>➤ Adaptable and co-operative</li> <li>➤ Practical and organized</li> <li>➤ Always keen to grow</li> </ul>	<ul style="list-style-type: none"> <li>➤ Tendency to overcommit</li> <li>➤ Do not know their limits in helping others</li> <li>➤ Easily give up</li> <li>➤ Too passive</li> <li>➤ Indecisive</li> <li>➤ Poor money handling</li> </ul>
<b>Water</b>	<ul style="list-style-type: none"> <li>➤ Diplomatic and empathetic</li> <li>➤ Observant and meticulous</li> <li>➤ Open minded</li> <li>➤ Good meditators and communicator</li> <li>➤ Good memory</li> <li>➤ Persistent and determined</li> <li>➤ Intuitive and flexible</li> <li>➤ Soft-hearted and gentle</li> </ul>	<ul style="list-style-type: none"> <li>➤ Subject in being self-centered</li> <li>➤ Self-indulgent</li> <li>➤ Indecisive</li> <li>➤ Too dependence</li> <li>➤ Too passive</li> </ul>





**THE 5**

**ELEMENTS**

**Archetypes**



## Editor's Note:

*Rarely is an individual's personality representative of just one element. Most of us are complex beings, whose personality tendencies are represented by several of the elements. We are not static entities. These tendencies may vary depending on circumstances, and change or evolve over time.*

*You can take the 5 Element Personality Test widely available online to determine your predominant Element (s) . . .*

*Finally, beware of the Barnum or Forer Effect, the idea that any general psychological report or astrological reading applies specifically to you.*



# Wood

**Strength: Unselfish, compassion for others**

**Weakness: Disorganized, unfocused, self-doubt**



Tree or wood people are typically “givers” and the first element in the life cycle. Most children are ‘Tree-like’ in their innocent behavior. The tree is the one who wants to love and give to others. The wood feeds the Fire. If the liver (wood organ) has problems then there is not enough wood for the fire (energy). Cleansing the liver brings new energy (fire).

Furthermore, if the water element is missing (kidney) and there is too much Fire (High Blood Pressure), the tree cannot be nourished fast enough by the water.

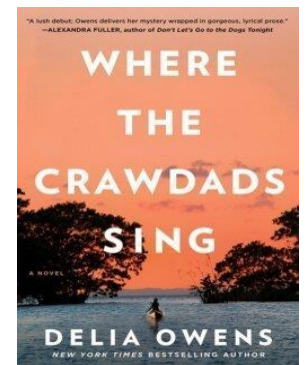
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## Wood Tendencies:

- “Wood people” tend to be more empathetic, emotional and may cry more easily than the other elements.
- They can easily lose their life force giving their energy to others, but can easily replenish it.
- They are more inclined to worry and have self doubt.
- Wood people are closer to nature. They love to care for plants, animals and children.
- The stage of life of Wood is birth to early childhood.



Their youthful energy is matched only by those of Fire . . .



# Fire

Strengths: High energy, adventurous, assertive

Weakness: Easy to anger, consumes too fast.

The unlimited energy people are Fire types. The Fire might be prone to use stimulating effects of Coffee or Rigorous Exercise to stimulate the 'Adrenal Glands'. This is stimulating the Kidneys (which are the storage tanks for the body's Qi) to release Qi in the blood stream. Adrenaline junkies love to skydive because of the adrenal high they get to borrow, but not without a price. The Fire people live the shortest lifespan since they are burning the candle at both ends. The personality of the Fire is to get things done. Make it happen



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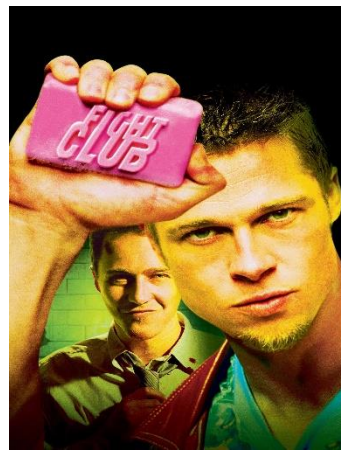


## Fire tendencies:

- Fire people are the most impatient. They hate to wait.
- Adrenaline junkies, they are attracted to danger, action and adventure.
- They are passionate in relationships.
- Fire people are drawn to the outside world. They find it hard to go within.



*But the fire that burns twice as hot, lives half as long . . .*



# Earth

Strengths: Caring, protective, nurturing, easy going

The Earth person can run a marathon, sit in silence for great lengths without dis-comfort, gives and receives freely, and can accomplish anything or nothing if they choose. It represents true balance. Every element has a weakness and Earth's is that it doesn't excel in one area and often Earth people tend to be jack of all trades and fail to focus on anything with passion in life. It is important not to make everyone wait at the restaurant just because of an Earth person who likes everything on the menu and can't decide.

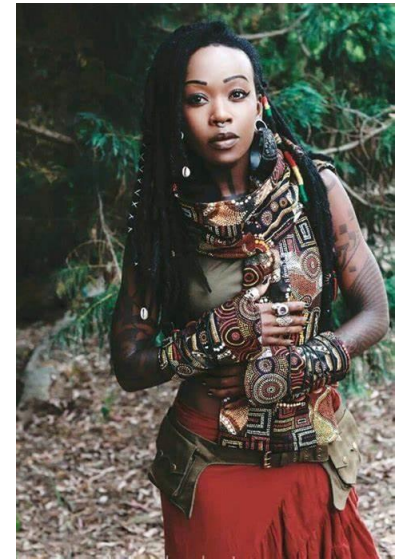
Weakness: Unfocused, neglects self





## Earth tendencies:

- Earth elements are the caregivers and balance keepers in society.
- They may easily neglect their own self care and lack focus in life. They may be the most glutinous.
- The Earth person tends to be the jack of all trades. They fix broken things and are the ones who clean up the messes.
- Earth people are more malleable and tend to live in the moment.

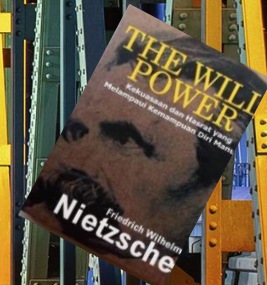


# Metal

Strengths: Organized, strategic, focused

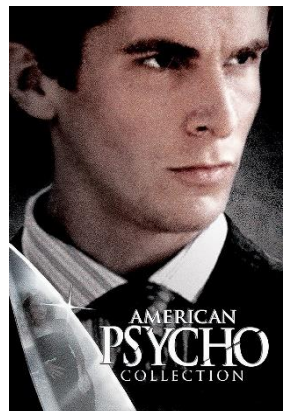
Characterized by the notion of structure and order, Metal is opposite of the Tree, which frolics freely in communion with spirit. The 'Mind' is metal of ourselves. Licensing, Regulations, Government, are pure demonstrations of the metal energy. People who are metal excessive are usually quite anal in their behavior. They are the neat freaks, the team leaders, and has written schedule on vacation. The metal element has many positive features. Metal is essence of will power and focus required for success in Qigong and brings order.

Weakness: Obsessive compulsive, bossy and self-righteous



## Metal tendencies:

- The most temperate, Metal elements have the greatest balance of Yin and Yang.
- Metals thrive on order, structure, justice, competition and symmetry. They love their to-do lists, goals and objectives.
- Metals tend to have more wisdom and see the bigger picture.
- They tend to be bossy and love to be in charge.
- Very OCD, they tend to be extreme neatniks.
- Metals are intolerant of the more emotional types.



# Water

Strength: Creativity, insight, easygoing

Weakness: Living in false realities, passivity



**The water is characterized by ‘formlessness’. Water takes on any shape and is the ‘cooling’ energy. Represents the notion of wisdom and patience. Calm and relaxed people are water types. Water is usually introverted and enjoys reading very much. Reading is a water activity and so is meditation. Water people are often lacking the Fire to get out and do more rigorous (Yang) activity. Water is the most Yin element and the last of the life cycle represented by elderly (wisdom) times. The water is the philosopher and the scholar, without which life is just about ‘having fun’**

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## Water tendencies:

➤ **\_Water people tend to be the most passive yet inflexible. Stubborn in their own way, they are rarely aggressive.**

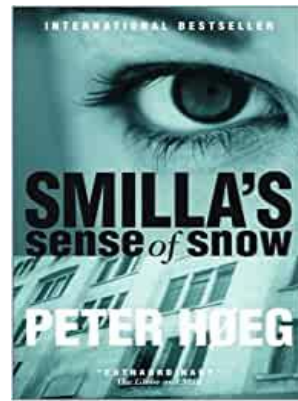


➤ **They are the most introverted and introspective, coveting their alone time and often hating crowds, loud people and cities.**

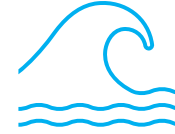
➤ **Water elements are ruled by fear and are averse to change. Often connecting through their fear, they may have a love for horror films.**

➤ **They tend to be collectors or hoarders.**

➤ **They run on their own time and reality. Fatigue may be a constant presence in their life.**



# The most challenging relationship combos



1) Fire and Water: Opposites attract, but for how long? The Fire finds a worthy opponent in the quiet, withdrawn Water, which one might find they can never quite conquer. The Fire may find him/herself “stuck” with the Water partner as others may be unable to handle the Fire’s energy. The Fire’s best bet may be the Metal, who can best withstand the heat and limit the Fire’s ability to burn.

2) Fire and Wood: Fire is naturally drawn to the energy of Wood but quickly burns most of what the Wood partner has to offer.



3) Fire and Fire: Can anyone feel the heat? Enough said. (Without a strong secondary energy, these two may easily burn each other out.)



4) Metal and Wood: Like an axe to the tree, Metal controls Wood. Not surprisingly, the Wood partner may end up feeling cut down and hurt by Metal’s lack of feeling or empathy and intolerance for the needs and drama of Wood.





“Human Behavior” by Bjork

Editor's Note: Aside from loads of independent research, Michael studied Holistic Nutrition and Traditional Chinese Medicine at the Energetic Health Institute in Los Angeles, CA . Additionally, he trained in qi gong, tai chi and kung fu at United Martial Arts/Zen Wellness in Avondale, AZ.



# *The 5 Elements of Personality Theory 101*

Michael V Farnum





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