

Name: _____ Date: _____

5 Element Questionnaire for ADHD

What is your favorite color?

- Green Red Yellow White or Silver Blue or Black

What is your favorite time of year?

- Spring Summer Late Summer/Early Fall Fall Winter

Choose one or two statements in each section that sound the most true for you (or your child):

Section 1:

- I hate sitting still.
- I love new things and get excited easily.
- I prefer everyone gets along and don't really care if my team wins or loses.
- I am very precise and pay attention to detail.
- I tend to daydream and lose track of time.

Section 2:

- I love to explore and I love adventure.
- I tend to be silly, impulsive and the class clown.
- I like to take care of others and when people are fighting I am the peacemaker.
- I crave consistency, a regular schedule.
- I prefer to take my time and go at my own pace even if I don't finish things.

Section 3:

- I like video games and tend to be competitive.
- I move from one thing to another quickly with high energy and love to have fun.
- I like working with others and prefer not to work independently.
- I like puzzles.
- I easily get immersed in thought, some people feel I am an "old soul."

Section 4:

- I get frustrated easily and shout.
- I have mood swings, or get frenzied easily and can be hypersensitive.
- I worry a lot and my mind races at times. I can be very indecisive.
- I can get stuck on small details or become rigid or compulsive and have specific rituals/routines.
- I struggle with a lack of motivation and can become withdrawn.

Section 5:

- I get headaches or muscle twitches.
- I flush easily or get hives or heartburn. Or hypoglycemia.
- I get stomach aches or have digestive issues.
- I have eczema, asthma or constipation. Or facial tics.
- I have back pain and get tired easily.

Questionnaire derived from: **Fire Child, Water Child** by Stephen Cowan, MD

To find out the significance of your answers go to this link: <http://flowinghealth.org/5-different-types-of-adhd> and/or consult your Chinese medicine practitioner or acupuncturist for support in treating your ADHD.