



## What Is My Pet's Constitution?

**Pet's Name:** \_\_\_\_\_

There are five personality types, or constitutions: Wood, Fire, Earth, Metal, Water. Every animal (and person) has individual traits that fall into one of these categories. Although it is common to have traits that fall into various types, the majority tend fall into a single constitution. When the body is in balance, the personality shines through. But when the body in unbalanced, each constitution will be more prone to developing specific issues. Mark the characteristics that pertain to your pet below to find out which constitution type(s) he/she is.

<b>WOOD - THE GENERAL</b>	
<b>Balanced</b>	<b>Unbalanced</b>
Confident and Opinionated	Aggressive or Irritable
Dominant and Fearless	Easily Stressed by Changes
Impatient	Liver Problems
Competitive and Athletic	Tendon/Ligament/Nail/Hoof Problems

<b>FIRE - THE EMPEROR</b>	
<b>Balanced</b>	<b>Unbalanced</b>
Center of Attention	Hyperactive or Restless
Energetic and Vocal	Anxiety
Loves To Be Pet	Behavioral Problems
Sensitive	Heart Problems

<b>EARTH - THE NURTURER</b>	
<b>Balanced</b>	<b>Unbalanced</b>
Easy Going/Mellow	Excessive Worry
Eager To Please	Obesity
Enjoys Relaxing	Gastrointestinal Problems
Excellent Appetite	

<b>METAL - THE PRIME MINISTER</b>	
<b>Balanced</b>	<b>Unbalanced</b>
Confident but Quiet	Excessive Sadness or Grief
Independent	Respiratory Problems
Disciplined/Follows the Rules	Skin/Coat Problems
Enjoys Routines	

<b>WATER - THE PHILOSOPHER</b>	
<b>Balanced</b>	<b>Unbalanced</b>
Timid and Insecure	Excessive Fear
Careful and Observant	Total Withdrawal
Backs Away or Hides from Strangers	Urinary and Reproductive Problems
May be Bonded to One Person	Bone and Back Problems