

The following 10 questions help you see the natural make-up “type” of the animal friend you have living with you according to Chinese Medicine. Although everyone is not entirely “one” of these, there is usually one or two attitudes that stand out. **Following each answer there is a letter.** Circle the one that best describes your animal friend. Then add up each of the letters to see who your friend is. The computer does not automatically decide the result. You do, by selecting the specific “letters” at the end of each of your chosen responses.

If your animal friend has multiple types, often there is a pattern that can be discerned by a Chinese Medicine professional – you are truly lucky as this animal is probably as complex as can be!

F = FIRE

E = EARTH

M = METAL

WT = WATER

WD = WOOD

After you have figured this out, please check at the end of the survey for a quick tip on how you can improve your animal’s life for herself and the household. Look at the “letter” tip representing your animal friend.

Doggitudes & Catitudes

Natural tendencies of your animal friends through Chinese Medicine Eyes
SURVEY QUESTIONNAIRE

1) Attitude toward food & eating

- (a) Lives for food, inhales it, counter-surfs; treat hog **E**
- (b) Enjoys eating – relatively relaxed, can eat even if others around **M**
- (c) Finicky or worried eater – needs company, petting or cajoling **Wt/F**
- (d) Irritable or possessive over food **Wd**
- (e) Would rather play than eat **F**

2) Attitude toward other animals in home

- (a) Relies on another animal in house for security, or gives support **E**
- (b) Doesn’t care about other animals, or does not trust initially **M**

- (c) Cowers (submissive) or hides **Wt**

- (d) Is dominant, a bully or insists on being only animal in household **Wd**
 (e) Open to having them around and mostly friendly **F**
- 3) Attitude in dog park (dogs)
- (a) Prefers human company **E**
 (b) Would rather run solo **M**
 (c) Offensively defensive or submissive **Wt**
 (d) Bully, aggressive in general **Wd**
 (e) Can fit in and find own way **F/E**
- 4) Attitude toward greeting new human or situations
- (a) hangs back, warms up fairly quickly, especially if you have treat **E**
 (b) doesn't care about humans, would rather be with animals **M**
 (c) runs and hides until the coast is clear **Wt**
 (d) cautious, barking, growling being protective holds space **Wd**
 (e) Curious, bold. Will gladly say hello and beat you to approach **F**
- 5) Attitude toward you when you return home
- (a) Expects treat as a reward or couch potato **E**
 (b) Ignores you **M/Wd**
 (c) Destructive of surroundings (fear or anger) **Wt/Wd**
 (d) Angry/irritable **Wd**
 (e) Ecstatic **F**
- 6) Training, ability to listen & work ethic (dogs only)
- (a) Likes to be part of a team, enjoys laid back way of doing things **E**
 (b) Repetitious learning, does well with routine, performs well **M**
 (c) Quick learner and easy forgetter – charming & needs reminders **Wt**
 (d) Competitive learning and performing – needs success **Wd**
 (e) Enjoys training and learning, likes praise **F**
- 7) Playing & Activity
- (a) Curious & happy. Active & chases balls, strings, toys **F**
 (b) Couch potato, preferring naps, food, petting **E**
 (c) Insists on playing catch, fetch, feather FOREVER **Wd**
 (d) Loses interest and bored easily **F/Wt**
 (e) Serious. Likes to play, but needs reason. May tire easily **M**

8) Sleep patterns

- | | |
|---|----|
| (a) Relaxing is easy | E |
| (b) Sleeps comfortably, little change of position | M |
| (c) Wakes frequently, may have to pee frequently at night | Wt |
| (d) Needs to keep busy – sleep is secondary | Wd |
| (e) Restless, changes position frequently, talks, dreams ++ | F |

9) Grooming & Touch

- | | |
|--|----|
| (a) Enjoys petting or grooming if part of family or for treats | E |
| (b) Enjoys petting or grooming on their schedule | M |
| (c) Runs from grooming tool | Wt |
| (d) Enjoys petting only in certain areas | Wd |
| (e) Demands petting or grooming | F |

10 Emotions

- | | |
|--|----|
| (a) Laid back, Easy going, grounded | E |
| (b) Unconcerned | M |
| (c) Fearful, flighty or uncertain (lacks confidence in self) | Wt |
| (d) Irritable, frustrated or angry | Wd |
| (e) Joyful, happy, inspired | F |

Depending on your choices above, use the Quick Tip for Enhancing the Constitution Make-Up of *Your* Animal Friend

E = Earth Balance **rest** and **exercise**. Enhance **team connections** with family Outings, children and special **whole food treats**.

M = Metal **Routine** important. Show human self-confidence. **Trust** your animal's smarts and develop **repetitive** games.

Wt = Water **Give reassurance**. Stay with animal during eating. Offer Protective dark, **quiet hideaways** for animal to retreat to.

Wd = Wood Be a **fair** boss. Be **consistent**.
Keep your voice neutral.
Initiate activities where animal can **succeed** and feel proud.
Exercise.

F = Fire Keep things interesting and exciting. Entice curiosity. Connect with **Praise and Petting**.

