

## YIN YANG QUIZ

### ARE YOU MORE YIN? ARE YOU MORE YANG?

You will be both at different times. Circle the answer which you feel you are the most often.

1. Are you more
    - a. Active
    - b. Sedentary
  2. Do you act more
    - a. From reason
    - b. From your feelings
  3. Are your symptoms more
    - a. In the upper part of your body
    - b. The lower part of your body
  4. Do you in general
    - a. Have a lot of energy
    - b. Tire easily
  5. Do you often
    - a. Need to exercise to relax, or enjoy exercise for its own sake
    - b. Need to force yourself to exercise to get going
  6. Are you
    - a. Rarely sick
    - b. Often or moderately often sick
  7. If you get sick, do you usually
    - a. Recover rapidly
    - b. Take a long time to recover
  8. Are your symptoms if you get sick
    - a. Intense and short-lived
    - b. Less strong but last longer
  9. Do you generally tolerate Western drugs
    - a. Well
    - b. Poorly
  10. Do you have
    - a. Good, strong digestion
    - b. Difficulty with digestion
  11. Do you
    - a. Make rare visits to the doctor
    - b. Visit the doctor often
  12. Do you enjoy being most
    - a. A career woman
    - b. A homebody
  13. Are you more of an
    - a. Extrovert
    - b. Introvert
  14. Are your muscles more
    - a. Firm and tight
    - b. Soft or flabby
  15. Do you more often
    - a. Rise to a challenge and take charge
    - b. Fluster easily when stressed
  16. Do you consider yourself more
    - a. Outgoing, decisive, high achiever, Type A
    - b. Nurturing, receptive, intuitive, responsive
  17. Do you occasionally
    - a. Take over, control others, resist change
    - b. Collapse, complain, feel stuck, blah
  18. Is your complexion more
    - a. Ruddy
    - b. Pale
  19. Do you appear to have more
    - a. Strong, well defined bones
    - b. Fragile, small or delicate bones
  20. Do you experience more often
    - a. Strong short lived emotional outbursts
    - b. Lingering emotions or emotional numbness
- TOTAL NUMBER OF A's \_\_\_\_\_

When you have finished the quiz count up all the A's that you have circled:

Above 15 A's mean that you are very yang

11 - 15 A's mean that you are 'yin within yang'; still yang but tending towards yin (more in balance)

6 - 10 A's mean that you are 'yang within yin': more yin but not too extreme

1 - 5 A's mean that you are very yin

When you are in balance you are able to move from yin energy to yang energy and back again whenever you need to, according to the situation. You are able to draw on your feminine and masculine energies, your right brain and your left brain. You are becoming whole, without avoiding certain aspects that you think you may dislike or straining to be somebody you are not. You are learning to accept yourself in all your different phases, without pressure and without stress.