

**Table 1**

	<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
<b>Energy Phase</b>	Expansion New Growth	Peak energy Spreading	Moderation Stabilisation	Contraction Quietening	Consolidation Storage
<b>Organ System</b>	Liver-Gall Bladder	Heart-Small Intestine	Spleen- Stomach	Lungs-Large Intestines	Kidneys- Bladder
<b>Injured by</b>	Wind	Heat	Damp	Dry	Cold
<b>Other Common Physical Problems</b>	Tension and cramps Pain in eyes, ears tummy Peripheral circulation & nerve pain	Cardiovascular problems Sweating Arthritis Fever like confusions Skin inflamed	Digestive & eating disorders Vein/lymph problems Anaemias Bruising	Coughs/colds Varicose vein Slow healing skin & mucous membranes Allergies	Lumbar-sacral & spine pain Bones/teeth Neurological disorders Problems in Sex organs
<b>Positive emotion</b>	Balanced assertiveness kindness	Respectful Loving joyfulness	Openness to others	Ability to Discriminate/ Righteous	Careful gentleness
<b>Personal strength</b>	Decisiveness Control	Warmth Vitality	Integration Stability	Strength Courage	Willpower
<b>Time Line Therapy™ Key issues</b>	Anger	Excitability Shock [Traumas]	Rigid thinking [Limiting decisions]	Sadness & Grief	Fear
<b>Excess</b>	Arrogant Compulsive Aggressive	Grandiose Frenetic Merging	Domineering Conforming Stuck	Perfectionist Stoical Dogmatic	Blunt Detached Demanding
<b>Deficiency</b>	Ineffectual Devious Fickle	Sensitive Startled Panicky	Clinging Amorphous Fawning	Petty Resigned Depressed	Paranoiac Pessimistic Critical
<b>Key Issue In Therapy</b>	Goal setting What do I do and how?	Dimension How broad is my scope?	Orientation What's my role?	Boundaries What is/is not me?	Origin/Future Where am I going?
<b>Avoids</b>	Powerlessness	Separation Boredom	Change. Independent	Spontaneity "Pollution"	Exposure Dissolution