

Dosha Quiz

The Second Fire Framework · A Blissfully U Program



Doshas describe your basic nature and constitution – a combination of the 5 elements of Ayurveda: Space (Akasha), Air (Vayu), Fire (Teja), Water (Jala), and Earth (Prithvi). Most people are born with one or two dominant elements that shape their dosha.

Instructions: Rank each characteristic with 3, 2, or 1. For each row, use each number once. Each row adds up to 6. The column with the highest total is your dominant dosha.

Characteristics	#	Vata (Space & Air)	#	Pitta (Fire & Water)	#	Kapha (Water & Earth)
Body Frame	<input type="text"/>	I am thin, lanky, slender.	<input type="text"/>	My build is medium, muscular.	<input type="text"/>	I am large, curvy, stocky.
Weight	<input type="text"/>	Light. It's difficult for me to gain weight.	<input type="text"/>	Medium. I can gain or lose weight easily if I desire.	<input type="text"/>	Heavy. I have a more difficult time losing weight than gaining.
Eyes	<input type="text"/>	I have smaller, active eyes and find it difficult to maintain eye contact.	<input type="text"/>	I have a deep, penetrating gaze.	<input type="text"/>	I have larger, calm eyes.
Complexion	<input type="text"/>	I have dry, thin skin.	<input type="text"/>	My skin is normal and prone to redness or irritation.	<input type="text"/>	My skin is smooth and moist.
Hair	<input type="text"/>	My hair is thin, dry, and brittle.	<input type="text"/>	My hair is thin, red, or prone to early greying.	<input type="text"/>	My hair is thick and oily.
Joints	<input type="text"/>	My joints are thin and crack a lot.	<input type="text"/>	My joints are medium, loose, and flexible.	<input type="text"/>	My joints are large and well lubricated.
Sleep Pattern	<input type="text"/>	I am a light, irregular sleeper.	<input type="text"/>	I am a moderately regular sleeper and need less sleep to feel rested.	<input type="text"/>	I love to sleep. When I'm out, I'm out.
Body Temperature	<input type="text"/>	I often have cold hands and feet.	<input type="text"/>	I'm often warm, regardless of the temperature.	<input type="text"/>	I'm neither hot nor cold, but I don't like cold, wet days.
Temperament	<input type="text"/>	I am creative, spontaneous, lively, enthusiastic. I change my mind easily.	<input type="text"/>	I am focused and goal oriented. I am often described as an intense personality.	<input type="text"/>	I am easy going, calm, and grounded. I am accepting and supportive of others.
Response to Stress	<input type="text"/>	I am prone to anxiousness.	<input type="text"/>	I am prone to irritability and impatience.	<input type="text"/>	I am prone to avoidance or reclusiveness.
Total:	<input type="text"/>		<input type="text"/>		<input type="text"/>	

Your Dosha

Understanding your nature — A Blissfully U Program



Vata — Space & Air

cold · light · dry · irregular · rough · mobile · quick · changeable

Vata types are energetic, creative, adaptable, spontaneous, and often gifted communicators. You bring movement, inspiration, and enthusiasm wherever you go.

When out of balance, the Vata dosha can feel ungrounded, unstable, anxious, or inconsistent — a sign of too much Air (Vayu) in the mind, body, and daily life.

To come back to balance: invite in routine and stability. Go to bed and rise at the same time each day. Warm foods, oil massage, and a steady daily schedule are your medicine.

Pitta — Fire & Water

hot · intense · penetrating · pungent · sharp · acidic · moist

Pitta types are bright, warm, and friendly. You are often a natural leader — driven, decisive, and deeply focused. People trust your clarity and your ability to get things done.

When out of balance, the Pitta dosha can feel angry, irritable, critical, or aggressive — a sign of too much Fire (Teja) in the system.

To come back to balance: invite in space and coolness. Spend time in nature, practice meditation, and choose cooling foods and environments. Let yourself slow down without judgment.

Kapha — Water & Earth

cold · heavy · solid · stable · smooth · slow · steady · stamina

Kapha types are consistent, strong, content, and calm. You are often the loyal, grounding presence in a room — the one others lean on for steadiness and support.

When out of balance, the Kapha dosha can feel dull, inert, or complacent — sometimes overly attached or resistant to change. This signals accumulated Earth (Prithvi) energy.

To come back to balance: invite in movement and invigoration. Exercise daily, try new things, be spontaneous. Light, warming foods and energizing activities will reignite your spark.