Chakra Questions

1. Physical – Red (ELEPHANT)
2. How do you feel about your weight?
   1. I am definitely above or below my ideal weight OR I don’t know my ideal weight.
   2. I am comfortable with my body and I am at my ideal weight.
   3. I am only a few pounds from my ideal weight.
3. How do you feel about your finances?
   1. I am in considerable debt OR I am unable to spend any of my money.
   2. I have no financial worries; I always have enough.
   3. I have no problem attracting money, but I never seem to have enough.
4. How do you feel about exercise?
   1. I rarely exercise.
   2. I maintain a regular, balance exercise routine.
   3. I am obsessed with exercise.
5. Creativity – Orange (CROCODILE)
6. How do you feel about your emotions?
   1. I am out of touch with my emotions.
   2. I am able to express my emotions when appropriate.
   3. I freely express my emotions at every opportunity.
7. How do you feel about your sex life?
   1. I have no sex life.
   2. I enjoy an active sex life.
   3. I can’t stop thinking about sex.
8. How do you feel about relaxation and recreation?
   1. I rarely make time to relax and enjoy myself.
   2. I always find time to relax and enjoy myself.
   3. I can never get enough pleasure.
9. Work/performance – Yellow (GOAT)
10. How do you feel about your goal-setting?
    1. I am often unable to achieve my goals.
    2. I always set and achieve reasonable goals.
    3. I tend to set and strive for unrealistic goals.
11. How do you feel about responsibility?
    1. I tend to avoid responsibility.
    2. I should my responsibilities.
    3. I tend to feel that I am responsible for everything.
12. How do you feel about your level of energy?
    1. I never seem to have enough energy.
    2. I always have enough energy.
    3. I have so much energy, I have difficulty resting or sleeping.
13. Relationships – Green (DEER)
14. How do you feel about your normal state of emotions?
    1. I often feel depressed and sad.
    2. I always feel happy and content.
    3. I can sometimes feel ecstatic, but can swing quickly.
15. How do you feel about your friendships?
    1. I find it difficult to make friends.
    2. I am able to make and keep friends easily.
    3. I have many friends but few close ones.
16. How do you feel about your long-term relationships?
    1. I have maintained very few long-term relationships.
    2. I have several long-term relationships outside of my family.
    3. None of my long-term relationships are deep or meaningful.
17. Communication – Blue (LION)
18. How do you feel about your ability to listen well?
    1. I find it difficult to listen to others.
    2. I am able to hear what someone is trying to say.
    3. I often interrupt because I think I hear what has not been said.
19. How do you feel about a few ideas at the same time?
    1. I am unable to focus on several ideas at once.
    2. I am able to synthesize different ideas.
    3. I often confuse others with different points of view all at once.
20. How do you feel about your creativity?
    1. I have few creative pastimes.
    2. I have several creative outlets.
    3. I am driven by my need to be creative.
21. Intuition – Purple (OWL)
22. How do you feel about your intuition?
    1. I am unable to trust my intuition.
    2. I am often able to access and utilize my intuition.
    3. I am overly reliant on my intuition.
23. How do you feel about your dreams?
    1. I can never remember my dreams.
    2. I often recall and reflect upon my dreams.
    3. I often have difficulty distinguishing between dreams and reality.
24. How do you feel about your visual sense?
    1. I have a poor visual sense.
    2. I have a heightened visual awareness.
    3. I am overly reliant upon my visual perceptions.
25. Spirituality – Light purple/white (BUTTERFLY)
26. How do you feel about your personal development?
    1. I do not really know myself.
    2. I have spent time getting to know and like myself.
    3. I find it difficult to appreciate anything beyond myself.
27. How do you feel about your thinking?
    1. I rarely analyze anything.
    2. I often reflect upon an issue or an action and learn from it.
    3. I am overly analytical of my actions and situation.
28. How do you feel about your spirituality?
    1. I have not experienced anything I would describe as spiritual.
    2. I have integrated one or more profound spiritual experiences.
    3. I have no real interest in anything outside of the spiritual.

How to evaluate:

Every “a” answer should be scored as a 3.

Every “b” answer should be scored as a 0.

Every “c” answer should be scored as a 1.

The chakra with the highest score is the one that is out-of-balance and therefore determines the TOTEM.