

Dragonfly Pond Holistic Services, LLC

Client Chakra Questionnaire



Chakra Questionnaire for: _____

Date: _____

Root Chakra

1. Are you disorganized?
2. Do you eat, drink or smoke excessively as a means of escape?
3. Did you have some trauma, distress or difficulty between conception and the age of 7?
4. Do you feel fearful or anxious much of the time?
5. Are you low in energy and often feel weak, tired or just not well?
6. Do you have any physical problems in your legs, knees or feet?

The root chakra is the chakra representing basic substance and survival.

If the base chakra is not balanced, the others cannot be.

Sacral Chakra

1. Do you have difficulty with touch – either being touched gently or being able to touch others?
2. Do you have problems with your kidneys, bladder or with retaining fluid?
3. Did you suffer distress or trauma between the ages of 7 and 14?
4. Do you feel that your general vitality and stamina are low?
5. Do you have difficulties with any part of your sexuality?
6. Do you feel your creativity is blocked or that you are not a creative person?

Solar Plexus Chakra

1. Do you have digestive problems, e.g. ulcers, heartburn or recurrent indigestion?
2. Do you have an aggressive nature?
3. Did you suffer distress or trauma between the ages of 14 and 21?
4. Are you easily influenced?
5. Do you sometimes feel powerless or have a low self-esteem?

Heart Chakra

1. Do you find it difficult to love or feel loved?
2. Are you intolerant, critical, judgmental?
3. Do you feel exhausted and drained most of the time?
4. Are you impatient or the opposite, i.e. so patient and tolerant that people take advantage of you?
5. Do you have difficulty in saying you are sorry or in feeling forgiveness?

Throat Chakra

1. Do you have difficulty with general communication?
2. Do you have problems expressing yourself with speech, with making yourself understood clearly?
3. Do you have problems listening attentively to other people's point of view?
4. Do you have problems with throat infections, thyroid, ears or neck problems in general?
5. Are you shy, quiet, withdrawn?

Third Eye Chakra

1. Do you suffer from migraine, vision problems or headaches?
2. Are you unable to visualize your future?
3. Do you have nightmares?
4. Do you have a lack of imagination?
5. Do you have difficulty concentrating?

Crown Chakra

1. Do you feel separated from abundance and wholeness?
2. Do you have difficulty learning new things?
3. Do you feel uncertain or feel a lack of purpose?
4. Do you have a fear of death?
5. Are you overly intellectual?