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# WHOLE SELF QUESTIONNAIRE™



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The goal of this assessment is to determine the areas of your health that are in need of the most healing.

It is divided into 7 sections, and each section corresponds to a color. This color is connected to a particular system of your health. The sum of these 7 systems of your being comprise your health.

Within each section, there are 25 statements. Please read each statement and choose one answer, from 1 to 5, depending on how it applies to you.

At the end, you will receive a total of 7 scores that correspond to the 7 colors/systems of your health.

Some of the statements relate to your physical body and may be more obvious than the statements about emotions and thoughts. Do your best to answer how you have felt and acted during the past month.



# RED: THE ROOT

1 = NEVER    2 = OCCASIONALLY    3 = SOMETIMES    4 = OFTEN    5 = TOO MUCH

I feel good in my own skin.

I know my boundaries with people.

I am protected.

I am safe in my home.

I feel safe in my body.

**SAFETY TOTAL**

**0**

My survival sense is ready for action.

I am driven by instinct.

I am focused on my survival.

I am concerned with having enough money.

I trust others.

**SURVIVAL TOTAL**

**0**

I spend my time in community.

I embrace family traditions.

My family defines who I am.

Family is important to me.

I would do anything for my tribe.

**TRIBE TOTAL**

**0**

I eat whatever I want.

I eat protein.

I eat meat.

I eat the same way on a consistent basis.

I react quickly to foods.

**FOOD TOTAL**

**0**

My body gets inflamed.

My immune system is responsive.

I have excess weight in my low body (hips, buttocks).

I am reactive.

I am grounded.

**BODY TOTAL**

**0**

**ROOT TOTAL**

**0**



# ORANGE: THE FLOW

1 = NEVER    2 = OCCASIONALLY    3 = SOMETIMES    4 = OFTEN    5 = TOO MUCH

I express my emotions constructively

My emotions rule my life.

I lose control of my feelings.

I eat for emotional reasons.

I know what I feel.

EMOTIONS TOTAL

0

I am creative in how I live life.

I have many ideas.

I spend time creating meals.

I consider myself an "artist".

I am tuned into my senses.

CREATIVITY TOTAL

0

I am open to new relationships with others.

I seek being in a relationship.

I am comfortable with commitment.

I am playful with others.

I prefer to be in the company of a friend.

PARTNERSHIP TOTAL

0

I crave certain foods.

I eat fats and oils.

I drink water.

I eat nuts.

I eat fish.

FOOD TOTAL

0

My body holds water.

My bowel movements come easy.

I am thirsty.

I sweat.

I am fertile.

BODY TOTAL

0

FLOW TOTAL

0



# YELLOW: THE FIRE

1 = NEVER    2 = OCCASIONALLY    3 = SOMETIMES    4 = OFTEN    5 = TOO MUCH

My energy level is high.

I am energized by living.

I get energy from people.

I get energy from food.

I am always "doing" something.

ENERGY TOTAL

0

I am confident.

I am determined.

I put my focus on my goals.

I strive for perfection.

Achievement is important to me.

POWER TOTAL

0

I strive to stay in balance.

Work is a priority for me.

I do it all.

I get overwhelmed by all the things to do.

I say "yes" to everything that comes my way.

BALANCE TOTAL

0

I eat sweets.

I eat starchy foods (e.g., breads, pastas, pretzels).

I eat foods that give me energy.

I avoid spicy foods.

I prefer cold foods.

FOOD TOTAL

0

I digest my food quickly.

My blood sugar is high.

I have energy after eating.

I feel warm after eating.

I hold my weight in my upper abdomen.

BODY TOTAL

0

FIRE TOTAL

0



# GREEN: THE LOVE

1 = NEVER    2 = OCCASIONALLY    3 = SOMETIMES    4 = OFTEN    5 = TOO MUCH

- I feel for others more than myself.
- I have difficulty seeing other people suffer.
- I feel other people's feelings.
- Others' feelings are more important than mine.
- My heart rules my head.

COMPASSION TOTAL 0

- I include those I love in all I do.
- I am generous.
- My heart is open.
- I connect to others through touch.
- I give to others.

EXPANSION TOTAL 0

- I serve others above all.
- I devote myself to causes with meaning.
- I try to please others.
- I feel the need to help others.
- I feel like everyone's "mother".

SERVICE TOTAL 0

- I prefer to share my meals.
- I eat vegetables.
- I eat leafy greens.
- I serve others food before I serve myself.
- Food is love

FOOD TOTAL 0

- I have a healthy glow in my face.
- My breathing rate adjusts quickly.
- My hands are warm.
- My blood pressure rises above normal.
- My heart beats fast.

BODY TOTAL 0

LOVE TOTAL 0



# AQUAMARINE: THE TRUTH

1 = NEVER    2 = OCCASIONALLY    3 = SOMETIMES    4 = OFTEN    5 = TOO MUCH

I am true to myself no matter what.		
I enjoy being different from others.		
I embrace my freedom.		
I am authentic in how I live life.		
I tell it like it is.		
	<b>AUTHENTICITY TOTAL</b>	<b>0</b>
I speak my truth.		
I express myself in words.		
I talk more than listen.		
I am the first one to say something.		
I speak fast.		
	<b>VOICE TOTAL</b>	<b>0</b>
I make decisions.		
I have difficulty in "letting go".		
I value my choices.		
I am concerned with making the best choice.		
I seek variety.		
	<b>CHOICE TOTAL</b>	<b>0</b>
I eat quickly.		
I eat.		
I eat foods that are liquid (e.g., soups, sauces, stews, high-water fruits).		
I talk while eating.		
My appetite is strong.		
	<b>FOOD TOTAL</b>	<b>0</b>
My metabolism is active.		
I have a keen ability to smell odors.		
My throat is moist.		
I hear everything.		
My mouth is large.		
	<b>BODY TOTAL</b>	<b>0</b>
	<b>TRUTH TOTAL</b>	<b>0</b>



# INDIGO: THE INSIGHT

1 = NEVER    2 = OCCASIONALLY    3 = SOMETIMES    4 = OFTEN    5 = TOO MUCH

I live in my mind.

I become obsessed.

I have the ability to focus intently.

I like learning new things.

I am prone to daydreaming.

REFLECTION TOTAL

0

I am intuitive.

I get impressions about things that are yet to happen.

I am skilled at perceiving the reality of a situation.

I have an inner knowing.

My moods change quickly.

INTUITION TOTAL

0

I have a vivid imagination.

I like to focus on the future.

I dream.

I am a visual person.

I see possibilities.

VISUALIZATION TOTAL

0

I am drawn to chocolate.

I need caffeinated beverages.

My moods change with foods.

I am addicted to certain foods.

I drink alcoholic beverages.

FOOD TOTAL

0

I have difficulty falling asleep.

My attention moves quickly.

My memory is good.

My moods shift quickly.

I easily become hyperactive.

BODY TOTAL

0

INSIGHT TOTAL

0



# LAVENDER: THE SPIRIT

1 = NEVER    2 = OCCASIONALLY    3 = SOMETIMES    4 = OFTEN    5 = TOO MUCH

I feel connected to life.

I am connected to the divinity of life.

I am concerned about the health of the planet.

Every activity has meaning.

Major world events ripple through my own life.

CONNECTION TOTAL

0

My sole priority is my soul.

I have faith.

I live by my spiritual views.

I believe that spirit is more important than body.

I am detached from the physical reality I live in.

SOUL TOTAL

0

I reflect deeply on life.

I see a greater purpose to all of life.

I feel called to do certain things.

I meditate or pray for clarity.

My purpose directs my life.

PURPOSE TOTAL

0

I am concerned with keeping my body clear of toxins.

I make sure I eat organically-grown foods.

I prefer to fast.

I am drawn to cleansing or detoxification practices.

I try not to eat too much.

FOOD TOTAL

0

I feel pain.

My nervous system is sensitive.

I am fragile.

I value my soul over my body.

I am in tune with my surroundings.

BODY TOTAL

0

SPIRIT TOTAL

0



# SCORING OVERALL CATEGORIES

Ideally, you want your score for the seven **systems** of the self to fit within the middle, balanced range and not too high or too low. However, that said, it is common to have a mixture of low and high scores.

SYSTEM OF HEALTH	SCORES
ROOT	0
FLOW	0
FIRE	0
LOVE	0
TRUTH	0
INSIGHT	0
SPIRIT	0
TOTAL SCORE	0