

Psychological Signs of Blocked Chakras



Root Blocked

- Overly fearful about security and survival
- Ungrounded
- Flighty
- Generally fearful
- Feeling of not belonging anywhere
- Poor health

Or

- Overly practical
- Lacking dreams and imagination
- Habitual
- Tied down
- Difficulty letting go



Heart Blocked

- Loneliness
- Lack of emotional fulfillment and
- Difficulty accepting or giving love
- Lack of compassion

Or

- Unhealthy relationships
- "Loving too much"
- Love manifesting at a low vibration

Or

- A lack of sense of connection to the divine or to nature



Third Eye Blocked

- Lack of imagination
- Lack of vision
- Lack of concentration
- Blocked or clouded intuition
- Can't see "big picture"

Or

- Distorted vision
- Delusional
- Distorted imagination
- Misuse of intuition

Or

- Overly reliant on logic and intellect



Sacral Blocked

- Emotionally cold
- Difficulty changing
- Difficulty experiencing joy
- Holds back

Or

- Hyper-emotional
- Overly sexual
- Overly focused on physical pleasure
- Guilt



Throat Blocked

- Inability to communicate ideas
- Problems with self-expression (expression of own truth)
- Problems with creativity

Or

- Uncontrolled
- Low-value
- Inconsistent communication
- Manipulative
- Deceptive of self or others



Seventh Blocked

- Ungrounded
- Impractical
- Indecisive
- Difficulty with finishing things
- No common sense
- Depressed
- Alienated
- Confused

Or

- Cut off from spirituality
- Plagued by sense of meaninglessness
- Delusional
- Grandiose



Solar Plexus Blocked

- Lack of confidence
- Difficulty manifesting desires
- Lack of self-esteem

Or

- Misuse of power
- Dominance
- Over-reliance on will
- Shame

