

CHAKRA QUESTIONNAIRE

Please check the number if you answer "Yes" to any of the following questions.

Name: _____ Date: _____

ROOT CHAKRA – Keeps us well grounded, survival, stable, prosperous & secure

1. Would you consider yourself a workaholic?
2. Are you disorganized?
3. Do you eat, drink or smoke excessively as a means of coping?
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 with your legs, knees or feet?
7. Did you have some trauma, distress or difficulty between conception and the age of 7?
8. Do you often feel restless?

SACRAL CHAKRA – Creativity, enthusiasm for life, nurture self and others, life force energy

1. Do you have difficulty with being touched or touching others?
2. Do you have any physical problems with your kidneys, bladder or with retaining fluid?
3. Did you suffer trauma or distress between the ages of 7 and 14?
4. Do you feel you are numb emotionally?
5. Do you feel that your general vitality and stamina are low?
6. Do you have difficulties with your sexuality? Too much or too little
7. Do you feel that your creativity is blocked or that you are not a creative person?
8. Are you overly sensitive emotionally?

SOLAR PLEXUS CHAKRA – Responsibility, confidence, self-esteem, playfulness, humor

1. Do you have digestive problems: Ulcers, heartburn, or indigestion?
2. Do you have an aggressive or domineering nature?
3. Are you hyperactive?
4. Are you highly competitive?
5. Did you suffer trauma or distress between the ages of 14 and 21?
6. Are you easily influenced?
7. Do you sometimes feel powerless or have a low self-esteem?
8. Do you often blame others?

HEART CHAKRA – Warmth, sincerity, happiness, love, compassion & peacefulness.

1. Do you find it difficult to love or feel loved?
2. Are you intolerant, critical or 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?
6. Do you have co-dependent tendencies (too much focus on others)?
7. Do you ever feel or display jealousy?
8. Do you regularly feel lonely?

THROAT CHAKRA — Expressiveness, communication, listening skill, ability to share knowledge

1. Do you have difficulty with general communication?
2. Do you have problems expressing yourself clearly?
3. Do you have any problems listening attentively to other people's point of view?
4. Do you have any problems with throat infections, thyroid, ears or neck problems in general?
5. Are you shy, quiet or withdrawn?
6. Are you an excessive talker, negative talker or poor listener?
7. Do you have a general fear of speaking? (One on One, Small groups, public speaking).
8. Do you often fear of speaking the truth?

THIRD EYE /BROW CHAKRA — Intuition, perception, imagination, thinking, harmony with nature

1. Do you suffer from migraine, vision problems or headaches?
2. Are you unable to visualize your future?
3. Do you have nightmares?
4. I often cannot remember my dreams
5. Do you have a lack of imagination?
6. Do you have difficulty concentrating?
7. Do you have poor memory?
8. Do you struggle with following your intuition (gut feeling)?

CROWN CHAKRA- Intellect, thoughtfulness, spiritual connection, open mindedness, wisdom

1. Do you feel separated from abundance & 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?
6. Are you closed minded?
7. Are you addicted to your spiritual or religious practice?
8. Are you not trusting of your inner guidance?

The Root Chakra represents our basic survival. If you answered "yes" to most of the above questions for root, you may need to concentrate your work on this chakra. If unbalanced, the other chakras cannot be balanced.

If you answered "yes" to most of the questions for Sacral, Solar Plexus, Heart, or Throat your associated chakra should be balanced.

If you answered "yes" to most of the questions for Third Eye or Crown Chakras your associated chakra should be balanced or possibly has not fully developed yet.