

Chakra Questionnaire

- Answer *yes* or *no* to the following questions to find out where in the body you are blocking energy from flowing.

Base Chakra Issues

- Do you have the need to stay in control of yourself and others?
- Are you secretive?
- Are you weary, alert, and unable to rest?
- Are you afraid of criticism?
- Are you stiff or rigid in body or mind?
- Do you fear to walk your own path, yet always ready to help others?
- Are you holding on to past fears and grievances?
- Are you a perfectionist, critical or obsessive?
- Is the intimacy of sexual intercourse attended by fear, or embarrassment?
- Are others never quite good enough?

Sacral Chakra Issues:

- Do you care and nurture others, but leave no space for your needs?
- Are you a great giver, but not good at receiving?
- Do you feel overwhelmed by the demands of others, yet fail to speak out?
- Are you fiercely independent, fearful of becoming vulnerable?
- Do you ever feel used or abused?
- Have you ever planted your seed of creativity and been disappointed it failed to grow?
- Do you feel unsupported by money or by other people?

Solar Plexus Issues:

- Do you ever feel unloved or under-valued?
- Are you the kind that waves a banner?
- Are you determined and dogmatic?
- Are you uncomplaining, sometimes usurped in a relationship?
- Are you over-sensitive to the feelings of other people?
- Do you fear the world out there?
- Do you find it hard to say no to people?
- Do you care for others but harbour secret resentment as a result?
- Do you ever do things with a smile yet feel resentful underneath?
- Do you sense atmosphere of places and people?
- Do you desperately need approval?
- Do you need to be needed or liked?
- Are you a pleaser?

Heart Chakra Issues:

- Do you feel lonely or an outsider, even in a crowd?
- Do you find yourself ruled by SMOG, Should, Must, Ought and Got to?
- Are you dissatisfied with your job/ life, but feel there is no way out?
- Do you try desperately to avoid conflict, even when feeling angry inside?
- Do you find it difficult to love all of yourself?
- Do you identify with the world purely by what you do and your role in society?
- Have you lost your sense of I?

Throat Chakra Issues:

- Although your mind is full of thoughts and ideas, there is too little action in your life?
- Does your creativity feel blocked?
- Are you highly analytical?
- Are you frightened of failure, taking risks, or taking responsibility?
- Do you believe the world out there is dangerous or even hostile?
- Do you have a fear of speaking out because of the possible consequences?
- Do you find you constantly make excuses when challenged to move forward or change?

Brow Chakra Issues:

- Do you feel responsible for other people?
- Do you feel driven rather than feeling in the driving seat?
- Are you highly conscientious, over serious and over responsible?
- Do you find it difficult to be spontaneous, to play?
- Are you a martyr to a cause?
- Do you feel confused, disorientated and unsure of your direction?
- Are you a black and white person, with no shades of grey?
- Do you have a tendency to judge rather than observe with compassion?

Crown Chakra Issues:

- Has Zest and Enthusiasm faded from your life?
- Do you ever feel life has lost its purpose?
- Are you off the tracks, perhaps even experiencing the Dark night of the soul?
- Are you devoid of emotion, working almost exclusively through intellect?
- Are you a daydreamer, sometimes living in a fantasy world?