

Your Personal Questionnaire

Check the box next to the questions you feel strongly apply to you at this moment.

1.

- Do you hide your worries behind a cheerful smiling face to conceal your pain from others?
- Are you distressed by arguments and quarrels, often "give in" to avoid conflicts?
- When you feel life's pressures weighing you down, do you often turn to food, work, alcohol, drugs or other outside influences to help you cope?

2.

- Do you have feelings of apprehension or anxiety without knowing why?
- Do you feel that something bad may happen but you are not sure what?
- Do you wake up with a sense of anxiety of what the day will bring?

3.

- Are you annoyed by the habits and shortcomings of others?
- Do you find yourself being overly critical and intolerant, usually looking for what someone has done wrong and not right?
- Do the incompetence and foolishness of others irritate you?

4.

- Do you often neglect your own needs in order to please others?
- Is it difficult to say no to those who impose upon your good nature?
- Do you tend to be easily influenced by those stronger in nature than yourself?

5.

- Do you constantly second guess your own decisions and judgements?
- Do you often seek advice and confirmation from other people, mistrusting your own intuition?
- Do you change direction often, even after asking advice, because you feel confused or unsure?

6.

- Are you afraid you might lose control of yourself mentally, emotionally or physically?
- Do you fear that you may think or do something that you feel is wrong?
- Do you fear you may hurt yourself or others or become violent and explosive?

7.

- Do you find yourself making the same mistakes over and over again such as choosing the wrong type of partner or staying in a job you dislike?
- Do you fail to learn from the mistake or experience of others?
- Do you wish you would not repeat the same patterns again and again?

8.

- Do you need to be needed and want your loved ones to be close by?
- Do you feel unloved and unappreciated by your loved ones?
- Are you possessive of those you care for, feeling you know what is best for them?

9.

- Do you often feel spacey and absent minded?
- Do you find yourself preoccupied and dreamy, unable to concentrate for any length of time?
- Are you drowsy and listless, sleeping more often than necessary?

10.

- Are you obsessed with cleanliness or feel toxic or contaminated?
- Are you embarrassed and ashamed of yourself or feel physically unattractive?
- Do you tend to concentrate on small physical conditions such as pimples or marks?

11.

- Do you feel overwhelmed by your responsibilities?
- Do you feel it is too difficult to handle all the many tasks ahead of you?
- Do you become depressed and exhausted when faced with your everyday commitments?

12.

- Do you become discouraged and depressed when things go wrong?
- Are you easily disheartened when faced with difficult situations?
- Does your depressed attitude prevent you from making an effort to accomplish something?

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13.

- Do you feel hopeless, as if there is no reason to try to improve things?
- Do you lack faith that things could get better in your life and therefore make no effort to improve your circumstances?
- Do you believe that nothing can be done to relieve your pain and suffering?

14.

- Do you find that others may avoid you because you seem to talk too much?
- Do you dislike being alone, always seeking the companionship of others, to have someone to talk to?
- Do your conversations usually wind up focusing on your interests or problems?

15.

- Do you find yourself living in the past, nostalgic and homesick for the "way it was"?
- Are you unable to change present circumstances because you are always looking back and never forward?
- Do you often contemplate past regrets?

16.

- Are you suspicious of others, feeling that people have "ulterior motives"?
- Do you feel great anger towards other people?
- Are you full of jealousy, mistrust or hate?

17.

- Do you often feel too tired to face the day ahead?
- Do you feel overworked or bored with your life?
- Do you tend to procrastinate and put off some tasks while easily accomplish those that are more enjoyable?

18.

- Do you feel a sense of urgency in everything you do, always rushing to get through things?
- Are you impatient and irritable with others who seem to do things too slowly for you?
- Do you prefer to work alone?

19.

- Do you lack self-confidence?
- Do you feel inferior and often become discouraged?
- Are you so sure that you will fail that you do not even attempt things?

20.

- Do you have fears of identifiable things, i.e. illness, death, pain, heights, darkness, the dentist etc.?
- Are you shy, overly sensitive and often afraid?
- Do you often worry about everyday situations, i.e. traffic, bills etc.?

21.

- Do you feel depressed without knowing why?
- Do you feel your moods swing back and forth?
- Do you feel deep gloom, which seems to quickly appear for no apparent reason and then lifts just as suddenly?

22.

- Are you exhausted but feel the need to struggle on against all odds?
- Do you have a strong sense of duty and dependability, carrying on no matter what obstacles stand in your way?
- Do you neglect your own needs in order to complete a task?

23.

- Do you feel utterly and completely exhausted, both physically and mentally?
- Are you totally drained of all energy with no reserves left, finding it difficult to carry on?
- Have you just been through a long period of illness, stress, or strain with no relief?

24.

- Do you set overly high standards for yourself, never satisfied with your achievements?
- Are you full of guilt and self-reproach?
- Do you blame yourself for everything that goes wrong, sometimes even the mistakes of others?

25.

- Are you often concerned and worried about your loved ones?
- Are you distressed and disturbed by other people's problems?
- Do you worry that harm may come to those you care for?

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26.

- Are you susceptible to feelings of terror and panic?
- Do you become helpless and frozen in the face of your fear?
- Do you suffer from nightmares?

27.

- Do you set high personal standards and take pride in setting a good example for others?
- Are you overly concerned with diet, exercise, work and spiritual disciplines?
- Are you extremely disciplined in your approach to life, always striving for perfection?

28.

- Do you find it difficult to decide when faced with a choice of two possibilities?
- Do you lack concentration, always fidgety and nervous?
- Do your moods change from one extreme to another joy to sadness, optimism to pessimism, laughing to crying?

29.

- Have you suffered a recent shock in your life such as an accident, loss of a loved one, terrible news, illness?
- Are you numbed or withdrawn because of traumatic events in your life?
- Have you suffered a loss or grief from which you have never recovered?

30.

- Do you suffer from extreme mental or emotional anguish?
- Do you feel that you have reached the limits of what you could possibly endure?
- Do you feel as though there is no light at the end of the tunnel?

31.

- Do you have so much energy and drive, that you're sometimes tense and can't fall asleep?
- Do you have strong opinions and try to convince others of them?
- Are you sensitive to injustice and dedicated to cause almost to the point that others think is extreme?

32.

- Do you tend to take charge of meetings, projects, situations etc.?
- Do you consider yourself a natural leader?
- Are you strong-willed and ambitious but may appear aggressive and dominating to others?

33.

- Are you experiencing any change in your life – a move, new job, loss of someone loved, new relationship, divorce, puberty, menopause, giving up an addiction?
- Do people or situation sometimes drain your energy?
- Do you need to make a break from strong forces or attachments in your life that may be holding you back?

34.

- Do you appear to others to be aloof and overly proud?
- Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?
- Do you bear your grief and sorrow without talking to others?

35.

- Do you find your head full of persistence, unwanted thoughts that prevent concentration?
- Do you relive unhappy events or arguments over and over again?
- Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?

36.

- Do you find yourself in a complete state of uncertainty over major life decisions?
- Do you feel ready for a change of direction, but are unsure of which way to go?
- Do you have ambition but feel that life is passing you by?

37.

- Are you apathetic and resigned to whatever may happen in your life?
- Do you have the attitude, "it doesn't matter anyhow"?
- Do you lack the motivation to improve the quality of your life?

38.

- Do you feel resentful and bitter?
- Do you have difficulty forgiving and forgetting?
- Do you feel life is unfair and find yourself taking less interest in the things you used to enjoy?