

ENERGY CENTER (Chakra) ASSESSMENT TOOL

UNCONSCIOUS SHADOW SIDE OF THE CHAKRA

Directions: Where are you challenged? (Circle/highlight all that apply.)

ROOT CHAKRA	SACRAL CHAKRA	SOLAR PLEXUS CHAKRA	HEART CHAKRA
Frenetic Thoughts Over-Think Over-Analyze Perfectionism Self-Doubt Worry Anxiety Panic Attacks Feel Unsafe Body/Self- Rejection Minimal Self-Care Zone Out Invisible Inability to Trust Controlling Difficulty organizing Money Management Issues	Powerless Anger/Rage Can't Feel Anger Depression Fearful Fear of Vulnerability Trust issues Betrayal & Abandonment Frustration Shame Over-Sensitive Feeling "Broken" Over-Do/Over-Give Minimal Joy Difficulty Connecting Sexually Shut Down Excessive Sexual Energy	Stuck Resistance Resentment Stubborn & Rebellious Shame to ask for more Guilt to Self-Advocate People Judge Me Avoid being Seen Selfish Self-sabotage Resentment Can't say "NO" Unhealthy Boundaries Running on Anxiety Procrastinate/No Action Vow of Self-Sacrifice Hiding/Playing Small	Struggle to feel your Core Self-Critical Judgmental Inability to Forgive Flawed I am not Enough Needy Alone & Lonely No Self-Love & Unloved No Compassion Something is Missing Dismiss Compliments Holding back Feelings Overly Responsible Feel like a Fraud Do-it -Yourself (alone) Secretly tender/guarded Heart

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ENERGY CENTER (Chakra) ASSESSMENT TOOL

CONSCIOUS LIGHT SIDE OF THE CHAKRA

Directions: What would you like to have more of? (Circle/highlight all that apply.)

CLEAR THE ROOT CHAKRA & REBUILD your INNER STRENGTH	CLEAR THE SACRAL CHAKRA & RECHARGE your POWER	CLEAR THE SOLAR PLEXUS CHAKRA & RELEARN your LEADERSHI	CLEAR THE HEART CHAKRA & RENEW your JOY
Grounded Safe Clear Focused Resilient Intuitive At Ease in your Body Certain & Confident Powerfully Embodied People feel my Presence Magnetic Attraction Practical grounded Plans Connected to Purpose	Personal Power Inspired Courageous Passion & Alive Powerful with Vulnerability Dynamic Rising Energy Charisma On Fire Creative Ability I Deserve... Sexuality Manifest Mysteriously	Empowered Action Confident Charisma Presence Big charge of Energy I am Valuable Self Respect Stand in My Truth Willing to be Seen Healthy Personal Boundaries The True Powerful Me Delighted to be Me Ready to Take Action	Compassionate Joyful Radiant Caring Softness Love People feel your Presence Self-Acceptance Healing Force Heartfelt Intention Pure Divinity In Love with Life I can celebrate Me

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