Chakral Imbalance Questionnaire

Answer Key - Choose the best option below to answer each question and write the number from each answer next to each question. Then calculate the sum for each segment.

1 = Never 2 = Hardly Ever 3 = Sometimes 4 = Most of the Time 5 = Always

Muladhara – Root Chakra

1. I am very cautious with my money, and always have savings in case of emergency.
2. I am never late with credit card payments.
3. I hate roller coasters or any adrenaline-surging activities.
4. I am always doing risk-assessments, just in case.
5. I am a worrier.

Svadisthana – Sacral Chakra

1. I have trouble figuring out what to do with myself in moments when I don't have to work.
2. I enjoy sex….sometimes? Maybe not.
3. I want to write, or paint, or do something creative, but I'm just not very good at it.
4. I don't feel very good in my body.
5. I have trouble expressing myself in intimate situations.

Manipura – Solar Plexus Chakra

1. I have trouble going after what I want.
2. I sometimes struggle with self-confidence.
3. I am not very assertive.
4. I tend to let others make decisions for me.
5. I find it's easiest just to go with the flow.

Anahata – Heart Chakra

1. I sometimes let the people I love take advantage of me.
2. I have trouble being compassionate with myself.
3. I don't always make time for self-care.
4. My feelings get hurt easily.
5. It's hard for me to tell people that I love them.

Vishuddha – Throat Chakra

1. It's difficult for me to speak up in social situations.
2. I can be shy about saying what I really think, especially if it's unpopular.
3. I am much better at listening than I am at talking.
4. The idea of public speaking terrifies me.
5. I hate arguing, and I am terrible at it.

Ajna – Third-Eye Chakra

1. I don't always understand what my intuition is telling me… or if it's saying anything at all.
2. I don't examine my own motivations too closely.
3. I fantasize a lot, imagining that the world is different than it is.
4. I have trouble visualizing what someone is describing to me.
5. I can't distinguish my true inner voice from my inner critic.

Sahasrara – Crown Chakra

1. I feel depressed and lonely, disconnected from the world around me.
2. I have trouble believing that there is a force for good in the universe.
3. I wish the world was a magical place… but I don't think it is.
4. I wish I were part of something greater than myself.
5. I have a hard time remembering my dreams.