

EMOTIONAL SURVEY

To establish a benchmark and to identify the challenges you face, please go through this list and check off any items that awake any negative emotional energy. Take your time and FEEL the energy in each one. This is crucial - FEEL IT - don't think it. If you find yourself saying, 'I think it feels OK.' – you're still in the thinking mode.

If it feels bad check it off. If it's a major challenge, circle it. Do not be alarmed if you check off many of these. If you're not feeling any of these, just skip it and tell me.

- | | | | |
|---|--|---|---------------------------------------|
| <input type="checkbox"/> Abandoned | <input type="checkbox"/> Doubt | <input type="checkbox"/> Lost | <input type="checkbox"/> Separation |
| <input type="checkbox"/> Abortion | <input type="checkbox"/> Drugs | <input type="checkbox"/> Love | <input type="checkbox"/> September 11 |
| <input type="checkbox"/> Abuse | <input type="checkbox"/> Dumb | <input type="checkbox"/> Loveless | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Duped | <input type="checkbox"/> Lies | <input type="checkbox"/> Sexual abuse |
| <input type="checkbox"/> Addictions | <input type="checkbox"/> Embarrassment | <input type="checkbox"/> Marriage | <input type="checkbox"/> Shame |
| <input type="checkbox"/> Afraid | <input type="checkbox"/> Escape | <input type="checkbox"/> Martyr | <input type="checkbox"/> Shock |
| <input type="checkbox"/> Aggravation | <input type="checkbox"/> Ex spouse | <input type="checkbox"/> Men | <input type="checkbox"/> Shyness |
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Expectations | <input type="checkbox"/> Misfortune | <input type="checkbox"/> Sister |
| <input type="checkbox"/> Alone | <input type="checkbox"/> Failure | <input type="checkbox"/> Misunderstood | <input type="checkbox"/> Slut |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Fat | <input type="checkbox"/> Mom | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> Anguish | <input type="checkbox"/> Fear | <input type="checkbox"/> Money | <input type="checkbox"/> Sorrow |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Fighting | <input type="checkbox"/> Moody | <input type="checkbox"/> Spiritual |
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Flashbacks | <input type="checkbox"/> Mourning | <input type="checkbox"/> Stifled |
| <input type="checkbox"/> Appreciation | <input type="checkbox"/> Flying | <input type="checkbox"/> Needy | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Avoidance | <input type="checkbox"/> Food | <input type="checkbox"/> Neglected | <input type="checkbox"/> Stuck |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Fool | <input type="checkbox"/> Nervous | <input type="checkbox"/> Stupid |
| <input type="checkbox"/> Betrayed | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Nightmares | <input type="checkbox"/> Stuttering |
| <input type="checkbox"/> Blame | <input type="checkbox"/> Freedom | <input type="checkbox"/> Numb | <input type="checkbox"/> Submissive |
| <input type="checkbox"/> Body image | <input type="checkbox"/> Future | <input type="checkbox"/> Obsessive | <input type="checkbox"/> Success |
| <input type="checkbox"/> Boss | <input type="checkbox"/> Gambling | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Suffocating |
| <input type="checkbox"/> Boundaries | <input type="checkbox"/> God | <input type="checkbox"/> Pain | <input type="checkbox"/> Terrorism |
| <input type="checkbox"/> Breathing | <input type="checkbox"/> Grief | <input type="checkbox"/> Panic | <input type="checkbox"/> Tight |
| <input type="checkbox"/> Brother | <input type="checkbox"/> Guilt | <input type="checkbox"/> Parent / child | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Bully | <input type="checkbox"/> Habits | <input type="checkbox"/> Patience | <input type="checkbox"/> Too late |
| <input type="checkbox"/> Burden | <input type="checkbox"/> Hatred | <input type="checkbox"/> Performance | <input type="checkbox"/> Torment |
| <input type="checkbox"/> Can't stop | <input type="checkbox"/> Health | <input type="checkbox"/> Persecution | <input type="checkbox"/> Torture |
| <input type="checkbox"/> Children | <input type="checkbox"/> Heartache | <input type="checkbox"/> Phobias | <input type="checkbox"/> Trapped |
| <input type="checkbox"/> Clinging | <input type="checkbox"/> Hostile | <input type="checkbox"/> Powerless | <input type="checkbox"/> Trauma |
| <input type="checkbox"/> Codependent | <input type="checkbox"/> Humiliation | <input type="checkbox"/> Procrastination | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Hurt | <input type="checkbox"/> PTSD | <input type="checkbox"/> Ugly |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Identity | <input type="checkbox"/> Public speaking | <input type="checkbox"/> Unattractive |
| <input type="checkbox"/> Compulsive | <input type="checkbox"/> Ignored | <input type="checkbox"/> Punishment | <input type="checkbox"/> Undeserving |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Imperfect | <input type="checkbox"/> Rage | <input type="checkbox"/> Unfair |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Inadequate | <input type="checkbox"/> Rape | <input type="checkbox"/> Unhappy |
| <input type="checkbox"/> Consequences | <input type="checkbox"/> Incapable | <input type="checkbox"/> Recognition | <input type="checkbox"/> Unlovable |
| <input type="checkbox"/> Control | <input type="checkbox"/> Incest | <input type="checkbox"/> Regrets | <input type="checkbox"/> Unproductive |
| <input type="checkbox"/> Cravings | <input type="checkbox"/> Incompetent | <input type="checkbox"/> Rejection | <input type="checkbox"/> Untouchable |
| <input type="checkbox"/> Criticism | <input type="checkbox"/> Incomplete | <input type="checkbox"/> Relationships | <input type="checkbox"/> Unworthy |
| <input type="checkbox"/> Dad | <input type="checkbox"/> Indignation | <input type="checkbox"/> Resentment | <input type="checkbox"/> Used |
| <input type="checkbox"/> Death | <input type="checkbox"/> Inferior | <input type="checkbox"/> Resistance | <input type="checkbox"/> Victimized |
| <input type="checkbox"/> Debt | <input type="checkbox"/> Infidelity | <input type="checkbox"/> Respect | <input type="checkbox"/> Violated |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Injustice | <input type="checkbox"/> Restless | <input type="checkbox"/> Violent |
| <input type="checkbox"/> Deprived | <input type="checkbox"/> Insincere | <input type="checkbox"/> Restricted | <input type="checkbox"/> Vulnerable |
| <input type="checkbox"/> Deservedness | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Sadness | <input type="checkbox"/> War trauma |
| <input type="checkbox"/> Despair | <input type="checkbox"/> Intimacy | <input type="checkbox"/> Safety | <input type="checkbox"/> Weakness |
| <input type="checkbox"/> Destructive | <input type="checkbox"/> Intolerable | <input type="checkbox"/> Secrets | <input type="checkbox"/> Weight |
| <input type="checkbox"/> Detachment | <input type="checkbox"/> Irresponsible | <input type="checkbox"/> Security | <input type="checkbox"/> Women |
| <input type="checkbox"/> Different | <input type="checkbox"/> Jealousy | <input type="checkbox"/> Self-destructive | <input type="checkbox"/> Worth |
| <input type="checkbox"/> Dirty | <input type="checkbox"/> Judgment | <input type="checkbox"/> Self-esteem | |
| <input type="checkbox"/> Disappointment | <input type="checkbox"/> Lacking | <input type="checkbox"/> Self-hatred | |
| <input type="checkbox"/> Disgust | <input type="checkbox"/> Learning | <input type="checkbox"/> Self-image | |
| <input type="checkbox"/> Divorce | <input type="checkbox"/> Letting go | <input type="checkbox"/> Selfish | |
| <input type="checkbox"/> Doctor / dentist | <input type="checkbox"/> Loneliness | <input type="checkbox"/> Self-sabotage | |
| <input type="checkbox"/> Doom | <input type="checkbox"/> Loss | <input type="checkbox"/> Self-worth | |

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