

GETTING REAL TO HEAL

A SELF-ASSESSMENT

Please use a journal to answer the following questions about your life.
Trust the process.

ANXIETY

Rate your level of anxiety on a scale of 1-10: ___ (10 = Ready to check into the psych unit/already there.)

How many times a day would you say you have an anxiety spike?

List your anxiety triggers.

Describe a vision for your ideal experience with anxiety.

In what ways have you already attempted to achieve this goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

EMOTIONAL EXPRESSION

What changes, choices, or losses have you experienced recently?

Do you allow yourself to grieve?

Are you comfortable crying in public or around friends?

What does the voice in your head say when you are experiencing emotions?

Describe a vision for your ideal experience of emotional expression.

In what ways have you already attempted to achieve your vision?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

MIND

What do you worry about? What keeps you up at night?

What stresses you out on a daily basis?

How would you describe your thoughts?

Would you say that you control your mind, or that your mind controls you?

Describe a vision for your ideal state of mind.

In what ways have you already attempted to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

BODY

Rate your relationship with your body on a scale of 1-10: ____ (10 = I fucking love my body and wear anything I want, on any given day, wherever I want.)

Describe your relationship with food.

What did you eat today so far? Please be specific. (Judgment-free zone.)

What is your typical diet? Please be specific.

What is your current consumption of:

Fast food?

White sugar and/or high fructose corn syrup?

Artificial sugar?

Alcohol?
 Black tea?
 Coffee?
 Other caffeine?
 Soda?
 Cigarettes?
 E-cigarettes?
 Marijuana?
 Tylenol?
 Prescription medications that are not prescribed to you?
 Hallucinogens?
 Cocaine?
 Heroin?
 Crystal Meth?
 Other non-legal drugs?

What type of physical activity are you getting each week?

How much exercise do you get per week? Be precise.

How many hours do you sleep at night? Be precise.

Do you sleep well?

Describe a vision for your ideal relationship with your body and food.

In what ways have you already tried to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

SPIRIT

Do you have a spiritual practice?

How consistent are you?

How well do you apply your own spiritual convictions? (For example, if you believe all of life is an illusion, can you alter the illusion quite easily? If you believe in the power of loving your enemies, how often do you find yourself gossiping?)

Metaphysical principles will solve all of your problems. Do you apply spiritual principles to every area of life?

Describe a vision for your spiritual fitness.

In what ways have you already tried to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

AUTHENTICITY

When someone tells you what they want, but you're not sure you want the same thing, do you tell them the truth?

How do you feel when you tell the truth? (Guilty? Peaceful?)

Is there something about your life that you are keeping secret but want to have the courage to talk about among friends, on social media, with your family?

How does it feel to keep this a secret?

Do you ask for what you want in bed?

What's easier: telling the truth, or pretending everything's fine and being uncomfortable?

If you like a political candidate/band/religion whom others make fun of, do you hide your support or do you publicly declare your love?

If you want something that's taboo (riches, fame, sex with many partners), do you tell anybody about it? If so, how do you feel after you talk about it?

Describe a vision for your level of authenticity.

In what ways have you already tried to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

MONEY

Rate your relationship with the numbers in your bank account(s) on a scale of 1-10: ____ (10 = The numbers in my bank account give me a spontaneous orgasm.)

How much money do you make per month?

How much money do you want to make per month?

How are you making your money?

How do you want to be making your money?

Describe a vision for your ideal financial life.

In what ways have you already tried to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

CAREER

Rate your career on a scale of 1-10: ____ (10 = My inner child is sobbing for joy.)

If you work, what do you do for work?

What do you want to be doing for work?

Describe a vision for your ideal career.

In what ways have you already tried to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

LOVE & SEX

Were you raised by a single parent?

If your parents split up, how old were you?

Describe your parents' relationship dynamic with each other.

What is your relationship status?

Single Partnered Married Separated Divorced Widowed Poly

In what ways are you like primary parent #1 in your relationships?

In what ways are you like primary parent #2 in your relationships?

How often do you have sex?

How often do you orgasm during sex with another person?

How present are you during sex?

Do you feel guilty about your sex life?

If you're in a relationship, rate your joy on a scale of 1-10: ____ (10 = super joyful)

Rate your satisfaction with the type of partners you attract into your life on a scale of 1-10:
____ (10 = super satisfied)

What repeatedly happens in your relationships?

Describe a vision for your ideal partner(s).

Describe a vision for your ideal romantic relationship.

In what ways have you already tried to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

FRIENDSHIP

Rate your friendships on a scale of 1-10: ___ (10 = I feel 110% supported, loved, and connected.)

How often do you see friends face-to-face?

What role do you typically play among your friends?

How honest are you with your friends about your struggles in life?

In what ways do your friends nourish or impede your personal growth?

Describe a vision for your ideal friendship.

In what ways have you already tried to achieve this new goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

CREATIVE SELF-EXPRESSION

How do you express yourself creatively?

How often?

Do you post on social media?

How often do you wish you posted on social media?

What's your absolute most favorite piece of clothing ever?

How often do you wear it?

Do you wear anything you want to wear, around anyone, in any situation?

Why or why not?

List your fears around self-expression:

Describe a vision for your creative self-expression:

In what ways have you already tried to achieve this goal?

What were the results of these attempts?

How would you feel if you achieved your vision?

What's stopping you from achieving this vision?

Is that true?

YOUR FUTURE

The most important thing I can do to nourish my soul:

The one thing I want most in life right now is:

What are other areas in which you want breakthroughs for your life?

What is your most common reason for not being able to follow through on things in your life? (Examples include money, time, kids, spouse, schedule, etc.)

What will happen if you don't do what it takes to change your life now? (Get totally real here.)

How would it feel to get six months or a year or three years down the road and realize that nothing had changed?

What action can you take to override that possibility? (You'll know you're doing it right because it will be uncomfortable.)

YOUR VISION

Describe a vision of yourself and your life six months from now. Write in present tense. Go big. Don't be afraid to sound silly or to ask too much. There's no wrong way to do this. Just have fun. For example:

"Today is [date six months from now]. I had a huge breakthrough in [ex: my love life] ..."

Prompts:

- What will each area of your life look if your vision comes true? Be specific.
- How will you *feel* if your vision come true?
- What will you be able to do, get, or achieve if your vision comes true?
- Where will you be more powerful in your life if your vision comes true?