

## Chakra Quiz Formation

Some sample Yes/No questions:

1. Do you express your feelings freely?
2. Do you feel confident about money, or home and personal safety?
3. Are you able to be assertive when necessary?
4. Do you feel present, grounded and undaunted?
5. Are you emotionally balanced?
6. Do you often fantasize and day dream?
7. Do you always feel secure?
8. Do you feel you can express your sexual feelings?
9. Do you excel at developing your insight?
10. Do you feel comfortable with both lust and intimacy?
11. Do you usually feel in control of the situation while in a group?
12. Do you feel a strong need to be emotionally connected to people?
13. Do you have a strong will, and do you strive to dominate situations?
14. Do you have self-confidence?
15. Do you have visions or premonitions?
16. Is your voice loud and clear?
17. Do you consider yourself a team player?
18. Do you strive to make your relationships harmonious?
19. Do you see all of your experiences as life lessons for you to learn and grow?
20. Do you tend to give so much to others, that you forget about yourself?
21. Do you easily feel compassion for yourself and others?
22. Are you a good writer?
23. Do you feel affection for most people?
24. Do you express yourself creatively and artistically?
25. Do you balance talking and listening?
26. Are you good at thinking in symbols, words and concepts?
27. Are you easily able to recall your dreams?
28. Do you struggle to focus on tasks at hand?

Or you could have questions in relation to each Chakra such as (from IntuitivePhysician.com):  
Answer yes or no to each of the questions and tally up your scores:

### Chakra 1. Root Chakra

1. Do you suffer from any allergies, seasonal or environmental?
2. Do you have any autoimmune or skin rashes/disorders?
3. Do you suffer from chronic yeast overgrowth?
4. Do you have difficulty achieving orgasm?
5. Do you have any joint or bone issues, or osteoporosis?
6. Do you feel aggressive?
7. Do you have any overwhelming fears?
8. Do you have UTI or kidney issues?
9. Do you have trouble trusting people or in the general goodness of the Universe?
10. Do you hate change or fear instability?

How many Yes answers: \_\_\_\_\_ How many No answers: \_\_\_\_\_

## **Chakra 2. Sacral Chakra**

1. Do you have infertility issues?
2. Do you have painful cramps, PMS, or excessive moodiness during your menstrual cycle?
3. Do you have low back pain?
4. Do you have sciatic pain?
5. Do you have issues with money... fear there will not be enough or trouble feeling worthy of the money you deserve?
6. Do you have a propensity to overindulge?
7. Do you suffer from fatigue or adrenal burnout?
8. Do you have bouts of low self esteem?
9. Do you suffer from guilt that is hard to release?
10. Do you find it hard to get in a creative mindset?

Number of Yes answers: \_\_\_\_\_ Number of No answers: \_\_\_\_\_

## **Chakra 3, Solar Plexus Chakra**

1. Do you have digestive issues, constipation, gas, or IBS?
2. Do you have weight issues?
3. Do you suffer from any addictions?
4. Do you have diabetes?
5. Do you have ulcers?
6. Do you have gallbladder pain or stones?
7. Do you have muscle tension, pain, or fibromyalgia?
8. Do you have trouble sensing immediate intuitions or accepting your gut knowing?
9. Do you feel like you jump to warrior mode if you are threatened?
10. Do you feel like you are in servant mode and under-appreciated?

Number of Yes answers: \_\_\_\_\_ Number of No answers: \_\_\_\_\_

## **Chakra 4. Heart Chakra**

1. Do you have heart or circulation issues?
2. Do you tend to get lung issues, such as bronchitis or pneumonia?
3. Do you have any breast pain, tenderness, or other issues?
4. Do you have trouble nurturing yourself?
5. Do you put up shields or walls in your relationships?
6. Do you have difficulty with your attachments, either getting over-attached to loved ones, items and pets, or never allow yourself to get attached at all?
7. Do you have trouble receiving intuitive information in relationships?
8. Have you been a victim of abuse from loved ones?
9. Do you tend to play an actor or actress role to fit in to a relationship?
10. Do you crave attention in order to feel whole?

Number of Yes answers: \_\_\_\_\_ Number of No answers: \_\_\_\_\_

## **Chakra 5. Throat Chakra**

1. Do you have thyroid issues?
2. Do you have neck or throat pain, laryngitis, or sore throats often?

3. Do you suffer from TMJ, jaw pain, or grind your teeth at night? Do you have dental issues such as a large number of cavities, abscesses or gum issues?
  4. Do you have a slow metabolism?
  5. Do you enjoy overeating or using your mouth in habits such as smoking or drinking?
  6. Do you get tension headaches often?
  7. Do you have trouble expressing how you truly feel?
  8. Do you love to gossip even when you are trying not to?
  9. Is it hard for you to keep a secret?
  10. Do you feel shame intensely or grieve deeply?
- Number of Yes answers: \_\_\_\_\_ Number of No answers: \_\_\_\_\_

### **Chakra 6. Third Eye Chakra**

1. Do you suffer from migraines?
  2. Do you have depression, anxiety or any mental illness? 3. Do you have ear or eye issues?
  4. Do you have trouble sleeping or issues with insomnia?
  5. Do you over analyze things and live from an intellectual reality over an emotional reality?
  6. Do you have a poor memory?
  7. Do you have trouble visualizing things?
  8. Do you feel competitive?
  9. Do you fatigue easily in public? Do you find it difficult to be in crowds?
  10. Do you feel so empathetic it affects your mood? Do other peoples mood affect your own?
- Number of Yes answers: \_\_\_\_\_ Number of No answers: \_\_\_\_\_

### **Chakra 7. Crown Chakra**

1. Do you have any genetic disorders?
  2. Do you have any life threatening illnesses?
  3. Do you have any learning disabilities?
  4. Do you find it hard to pay attention for long periods of time?
  5. Do you have any seizure disorders?
  6. Do you feel light-headed or dizzy often?
  7. Do you have periods of time where you cannot access joy, or have you lost pleasure in things that used to give you pleasure?
  8. Do you get your feelings hurt and feel personally attacked by criticism?
  9. Do you find it hard to form your spiritual beliefs?
  10. Do you feel separate from God?
- Number of Yes answers: \_\_\_\_\_ Number of No answers: \_\_\_\_\_

And as well you could have fill in answers or choices, for instance:

29. What is your least favorite color?
30. How do you wish to be described (choose one): grounded, joyful, confident, loving, expressive, wise, committed?
31. Which food draws you the most? (give examples)
32. Which gem attracts you: ruby, tiger's eye, citrine, rose quartz, lapis, amethyst, clear quartz
33. Which scent do you prefer? (give examples)