

# CHAKRA ASSESSMENT

Name: Elle ThomasDOB: 14.01.98Contact no.: 0432219990

Please circle those traits you feel you experience.

116

Issues

Health	Vitality	Nourishment	Sense of body	Stability
Trust	Safety & security	Relaxation	Prosperity	Boundaries
Grounding	Family	Home	Physical Disorders	Eating disorders

7

Strengths

Health	Vitality	Nourishment	Sense of body	Stability
Trust	Safety & security	Relaxation	Prosperity	Boundaries
Grounding	Family	Home	Physically	

1

D

Body disconnect	Fearful	Anxious	restless	Can't settle
Poor Focus	Poor discipline	financial difficulty	Poor Boundaries	Disorganised
Notably underweight				

4

E

Obesity	Overeating	Hoarding	Material Fixation	Greed
Sluggish	Lazy	Tired	Fear of change	Addiction to security
Rigid Boundaries				

4

2

Issues

Movement	Emotional intelligence	Experience Pleasure	Nurturing of self
Nurturing of others	Change	Boundaries	Menstrual difficulties
Lower back pain	Sexual dysfunction		

2

Strengths

Movement	Emotional intelligence	Experience Pleasure	Nurturing of self
Nurturing of others	Change	Boundaries	Balanced cycle
Sexuality	Flexibility		

3

D

Body Rigidity	Rigid attitude	Frigid	Fear of sex
Poor social skills	Fear of change	Lack of desire	Excessive boundaries
Lack of passion	Denial of pleasure	Lack of excitement	

3

E

Promiscuity	Excessively strong emotions	Pleasure addiction	Ruled by emotions
Sexual addictions	Oversensitive	Poor boundaries	invasion of others
Seductive manipulation		Emotional dependency	
Obsessive attachment			

3

3

Issues

Responsibility	Reliability	Balanced	Effective Will	Self-esteem
Ego	Personality	Confidence	Spontaneity	Playfulness
Sense of humour	Self-discipline	Personal power	Meet challenges	

4

Strengths

Responsibility	Reliability	Balanced	Effective Will	Self-esteem
Ego	Personality	Confidence	Spontaneity	Playfulness
Sense of humour	Self-discipline	Personal power	Meet challenges	

2

D

Low energy	Weak will	Easily Manipulated	poor self-discipline
Poor Follow-through	Low self-esteem	Cold Emotionally	Poor Digestion
Uses stimulants	Victim mentality	Blames others	Passive

4

E

Overly Aggressive	Dominating	Controlling	Need to be right
Have the last word	Manipulative	Power hunger	Deceitful
Uses sedatives	Temper tantrums	Stubbornness	Competitive
Driving ambition	Arrogant	Hyperactive	

1

4

Issues

Compassion	Love	Empathic	Self-love	Peaceful
Immune system	Breathing	Intimacy	Devotion	Social life

3

Strengths

Compassion	Love	Empathic	Self-love	Peaceful
Immune system	Breathing	Intimacy	Devotion	Social life

5

D

Antisocial	Withdrawn	Judgemental	Intolerant	Loneliness
Isolation	Depression	Fear of intimacy	Fear of relationships	Narcissism
Lack of empathy				

5

E

Co-dependent	Poor Boundaries	Demanding	Clinging	Jealous
Overly sacrificing				

3

5

Issues

Listening	Rhythm	Timing	Creativity
Communication	Voice	Expression	Honesty

3

Strengths

Listening	Rhythm	Timing	Creativity
Communication	Voice	Expression	Honesty

1

D

Fear of speaking	Small voice	Weak voice	Trouble putting feelings in words
Introversion	Shyness	Tone deaf	Poor Rhythm

3

E

Excessive talking	Talking as a defence	Gossiping	Dominating voice
Poor listening	Poor auditory comprehension		Interrupts

2

6

Issues

Perception	Imagination	Memory	Dream recall
Symbolic thinking	Visualisation	Intuitiveness	Headaches
Eye sight			

3

Strengths

Perception	Imagination	Memory	Dream recall
Symbolic thinking	Visualisation	Intuitiveness	Headaches
Eye sight			

1

D

Insensitivity	Poor vision	poor memory	lack of imagination
Denial			

3

E

Hallucinations

Delusions

Obsessions

Difficulty concentrating

Nightmares

1

7

Issues

Information assimilation

Intelligence

Spirituality

Understanding

Higher power

Belief system

Divinity

1

Strengths

Information assimilation

Intelligence

Spirituality

Understanding

Higher power

Belief system

Divinity

3

D

Spiritually Cynical

Learning Difficulties

Rigid beliefs

Apathy

1

Materialism

Greed

Domination of others

E

Over intellectualization

Spiritual addiction

Confusion

Dissociation of body

1

Base: