

How Undernourished is Your True Self?

Answering the following questions will help you to assess how undernourished or affected by life experiences your true self may be:

1 = almost always yes 2 = usually yes 3 = occasionally yes 4 = mostly no

- _____ 1. Do you feel empty inside?
- _____ 2. Do you keep wondering *is this all there is?*
- _____ 3. Do you have difficulty feeling like the same person in different situations?
- _____ 4. Do you feel lonely, even around other people?
- _____ 5. Do you say “yes” when you need to say “no” or “no” when you want to say “yes”?
- _____ 6. Do you feel used or abused by others?
- _____ 7. Are you uncomfortable being home alone?
- _____ 8. Do you feel invisible, ignored, or not listened to?
- _____ 9. Do you frequently say, “It doesn’t matter” or “I don’t care”?
- _____ 10. Do you “disappear” into relationships, work, your children, or addictions?
- _____ 11. Do you have difficulty letting go of other people?
- _____ 12. Do you feel undeniably exhausted for no apparent reason?
- _____ 13. Do you long for a spiritual connection but have difficulty keeping it?
- _____ 14. Would you rather focus on someone or something else than live your own life?
- _____ 15. Do you wish someone else would take care of you?
- _____ 16. Do you compare yourself to others and end up feeling inadequate or worthless?
- _____ 17. Are you easily influenced by others?
- _____ 18. Are you frightened by another’s anger?
- _____ 19. Do you pretend to be okay when you are not?
- _____ 20. Do you have difficulty finding purpose and meaning in your life?
- _____ 21. Do you have difficulty allowing pleasure and fun in your life?

Score Range is 21-84. The higher your score, the stronger and more solid your true self is.

Your Score: _____ Date: _____ ©Sandra Felt, 2016 - TrueSelfMatters.com