

Personal Inventory

(No one else will see this unless you wish them to.)
(Remember, the worst person to lie to is yourself.)

1. I have had several or a number of experiences in my life that have been emotionally stressful.
 Yes No
2. I currently have a difficult relationship with one or more people in my life.
 Yes No
3. My life might be easier if I was less offendable.
 Yes No
4. I have one or more emotional issues I would like to resolve.
 Yes No
5. I have at least one divorce in my life history.
 Yes No
6. I am a child of a divorced couple.
 Yes No
7. I think at times I have some degree of fear of failure or fear of success.
 Yes No
8. I carry some degree of resentment of things people have said to me or about me, or of things that have been done to me in the past.
 Yes No
9. I have trouble getting a full night's sleep.
 Yes No
10. I have a past or current history of health challenges.
 Yes No
11. Sometimes I feel like crying or I actually do cry because of circumstances.
 Yes No
12. I have had one or more adverse sexual experiences in my life.
 Yes No
13. I feel blue more than I think I should or more than I want to.
 Yes No
14. I feel that my "energy tank" is emptier than I would like it to be much too often.
 Yes No

15. My relationships with others are sometimes more stressful than I would like.
 Yes No
16. I would like to lead a happier, more fulfilling, less stress-filled life.
 Yes No
17. I would like to identify and dissolve the baggage from my past that is coloring my life inappropriately and may be contributing to my making bad choices.
 Yes No
18. It is hard for me to forgive people who have hurt me.
 Yes No
19. I have difficulty forgiving myself for things I have said or done that I think are dumb.
 Yes No
20. I think people I have trusted often let me down.
 Yes No
21. I don't understand why God sometimes lets bad things happen to me or my loved ones.
 Yes No
22. There are or have been people in my life who I find hard or impossible to forgive for their actions.
 Yes No
23. I have philosophical and behavioral issues with money.
 Yes No
24. I would like more peace and centeredness in my life.
 Yes No
25. I have trouble entering into and maintaining committed, healthy relationships.
 Yes No
26. I have had a difficult relationship with my mother and/or father.
 Yes No

Allocate 1 point to each yes answer. Total all points.

If you scored 9 or more, it appears you are carrying significant baggage that may be depleting you of the life energy that enables you to cope positively with life and its issues.

If you scored between 4 and 8, your baggage is at a moderate level, and you may have a few issues to clear.

If you scored 3 or less, you have less baggage than normal and would appear to be on a healthy path.