Self-Awareness Questionnaire for Abundant Health and Healing

As you go through this questionnaire, be honest with yourself. If you're not, you're likely to prolong or keep your symptoms unnecessarily, or you might be more prone to ill health in the future. Be sure to allow *irrational* answers as well as rational ones. Do not be critical of yourself over any answer you have because all answers are opportunities for you to find more abundant health.

If you begin to experience self-blame or guilt at any point while taking this questionnaire, notice that. Guilt may be one of the most important things for you to release (using the Thymus Heart Rub, found in *Your Power to Heal*, page 32), as guilt is often a major contributor to getting sick. As you go through the many items in this questionnaire, please think of them as a way to help bring to the surface what has not been as fully conscious as you might need it to be in order to heal the underlying cause of your symptoms. And because the mind and body are not separate entities but are a unified mindbody, please think of health or sickness as always including both mind and body dimensions.

Facts About Yourself

1.	Are you as healthy as you would like to be now?
	all the time most of the time occasionally seldom never
2.	Do you want to be well? Circle one:
	0 1 2 3 4 5 6 7 8 9 10 NOT AT ALL YES TOTALLY
3.	What would be excellent health for you?
4.	What would you gain by being in excellent health?

	What do you lose by being sick?
	When and in what ways did your primary caretakers take care of you as a child?
·.	What are the ways you missed being taken care of?
	How many times a year do you get sick? (Include colds, allergies, upset stomachs, back pain, et
	When do you usually get sick?
	Do you remember ever being dependent or vulnerable and showing it? yes no If so, what happened when you expressed your dependency or vulnerability?

-	Are you afraid of expressing your dependence or vulnerability? yes no If so, why?
	Do you feel like you always have to be strong and in control? yes no
	What is your lifestyle for keeping healthy?
	What percent of the time do you adhere to this health regimen?
	What do you think or say when someone around you says, "I think I am coming down with a cold or flu?"
	You enjoy your work: immensely moderately very little not at all
	You are happy: always most of the time a lot of the time occasionally rarely never
	You are in a committed relationship: yes no
	You are happy in this relationship. Circle a number: O 1 2 3 4 5 6 7 8 9 10 SELDOM MOST OF THE TIME

20.	You have suffered significant losses in your life: yes no If yes, please list who, what, and when.
21.	Are there significant painful experiences in your life? yes no If yes, please list them with age of occurrence.
22.	Have you had significant accidents/injuries? yes no If yes, what and when?
23.	What do you do at the first sign of a cold, allergy, or flu?
24.	Do you have a significant illness, or did you have a significant illness in the past? yes no If yes, what?
25.	What did (or does) it keep you from doing that was important to you?

26.	What did the illness get you out of doing?
27.	What did the illness get for you?
28.	How often do you feel stressed? all the time frequently never occasionally How strong is your stress now? Circle a number:
	O 1 2 3 4 5 6 7 8 9 10 LOW HIGH
29.	You were physically abused: yes no If yes, when and by whom?
30.	You were sexually abused: yes no If yes, when and by whom?
31.	You feel guilty when you get sick: often sometimes never
32.	You worry about getting sick: often sometimes never

Your Needs for Getting Sick (Secondary Gains)

33.	What did you get by being sick?
34.	What did you get out of doing by being sick?
35.	What would you lose by being in excellent health?
36.	What do you gain by being sick? (Here's a place to allow irrational answers.)
37.	What do you believe caused other members in your family to get sick as you were growing up?
38.	What emotions are you aware of feeling before you either get sick or have a little symptom?
70	You fool quilty and blame yourself when you get sick:

The Strength of Your Internal Power

40.	Do you believe most illnesses come from an external cause? yes no
41.	Where do you think the locus of power resides that causes most of your illnesses?
42.	Do you trust that you have the power to heal? yes no
43.	If you get sick, do you tend to blame someone else? yes no
44.	What do you believe causes most of your illnesses?
45.	When you get depressed or anxious, what do you do? Check whatever applies: You look for an external reason You look for the thoughts you have been thinking You look for someone or something to blame You blame your body chemistry Other
46.	Who is in charge of your life?
47.	Do you believe that sickness is inevitable for you? yes no
48.	If you get the flu or a cold, do you blame it on the latest bug going around? yes no

49.	Who or what seems to be in charge of your body?	
50.	Do you often say, "My" back [neck, head, stomach, etc.] is killing me? yes no	
51.	Do you control your body or does it seem like your body and its symptoms control you?	
52.	Are you afraid of losing your identity as one who is powerless to heal yourself? yes no	
53.	Who and what do you believe you are?	
54.	How does that fit with your being sick?	
55.	You usually get sick when you feel	
56.	What do you think causes your pain?	

57.	What do you see as the source of your stress?
58.	What are your thoughts about each stressor?
Thou	ight Patterns That Support Your Being Sick or Getting Well
59.	What is the first thing you think when you start to get sick?
60.	What is the first thing you think when someone close to you gets sick?
61.	What is the second thing you think?
62.	What are your thoughts about the source of your stress?

63.	If you were diagnosed with a serious illness, what would you do (or what did you do), think, or say?		
64.	You look forward to peopl	e being sympathetic to you whe	en you get sick: yes no
65.	Place an "E" by those that Place a "D" by those that Place an "F" by those that	es are difficult or easy for you to are easy. are difficult to feel or express. you feel with great frequency. you never allow yourself to feel	
	fear	dependency	annoyance
	deprivation	anger	hatred
	sorrow	grief	forgiveness
	affection	rage	acceptance
	anxiety	resentment	hurt
	rejection	judgment	shame
	delight	gratefulness	appreciation
	peace	pain	ongoing anger
	loneliness	guilt	empathy
	calm	sexual desire	lust
	embarrassment	passion	

Family Beliefs and Behavior Patterns from Childhood You Are Playing Out

66.	What did others in your family get by being sick as you were growing up?
67.	What did family members get out of doing by being sick?
68.	What did family members say about getting colds or the flu?
69.	What did you get by being sick when you were a child?
70.	What did you get out of doing by being sick when you were a child?
71.	Do you believe that a sickness is inevitable because it runs in your family? yes no
72.	What did an illness or disability keep you from doing that was important to you as a child?

73.	What would it take to be well now?
Posit	ive Motivation
74.	What is the strength of your desire to be well? Circle one:
	0 1 2 3 4 5 6 7 8 9 10 LOW STRONG
75.	How much are you willing to do so that nothing will stop you?
76.	What is the most common approach you take to get well?
77.	If you were well, you would

Rate Your Beliefs

How strongly do you believe the following statements? Try your best to be honest with yourself, for any of the negative beliefs can be a significant impediment to health and healing. If you have any of the negative beliefs, you'll want to clear them using one of the methods presented in chapter 6 of *Your Power to Heal*.

On a scale of 0-10, with "0" meaning you believe it moderately and "10" meaning you believe it completely, pick a number for the one that represents your strongest belief:

I am worthy of having a healthy life.
I am not worthy of having a healthy life.
It's safe to have a healthy life.
It's not safe to have a healthy life.
,,
It will benefit everyone for me to be healthy.
It will not benefit anyone for me to be healthy.
This sickness is inevitable because it runs in my family.
I can be healthy even if this sickness runs in my family.
I am afraid of losing a part of my old identity if I am healthy.
It's okay to lose a part of my old identity if I am healthy.
I am sick because I am being punished.
I am free of all guilt.
runnice of an gand.
If an illness is gaing around I am gure to eatablit
If an illness is going around, I am sure to catch it.
I will stay strong and healthy, even if an illness is going around.
I will do what it takes to be healthy.
I won't do what it takes to be healthy.
I choose to be healthy right now.
I want to wait a little longer before I am healthy.
(If you score this above 0, write down how long you are willing
to wait until you get healthy.)
I am afraid of embracing my full power.
I am quite comfortable embracing my full power.
I am afraid of losing my identity as one who is powerless to heal myself.
It's okay to lose my old identity as one who is powerless to heal myself.
I am guilty and need to pay the price of being sick.
I am over my guilt.
I will lose something if I am well.
I will not lose anything important if I am well.