

**Naturopathic Self-Assessment Questionnaire (Yes or No)**

- 1) Do you have vague fears that you cannot explain?
- 2) Do you often find yourself distressed and anxious, but are unable to put your finger on the problem?
- 3) Do you wake with a sense of apprehension and foreboding, feeling that something bad may happen?
- 4) Do you have specific fears you can identify and would like to overcome?
- 5) Are you shy and easily frightened by particular circumstances?
- 6) When faced with situations or things that frighten you, do you become nervous and too paralyzed to act?
- 7) Do you fear losing control of your mind or body?
- 8) Are you compulsive, or have impulses to do things you know are wrong but have difficulty controlling your actions?
- 9) Do you fear losing control and hurting yourself or others?
- 10) Do you worry over the health and safety of your friends and family?
- 11) Do you fear that something may happen to those close to you?
- 12) Does your over-concern and worry for others cause you considerable distress?
- 13) Do you suffer from extreme terror?
- 14) Do you tend to panic and become hysterical?
- 15) Are you troubled by nightmares?
- 16) Do you lack confidence in your ability to judge things on your own and make decisions?
- 17) Do you find yourself asking other people's advice even when you know what you want?
- 18) After taking advice from others, do you find yourself confused by choices, constantly changing your direction according to the latest recommendations?
- 19) Do you suffer from indecision, uncertainty, or hesitancy?
- 20) Do you have difficulty choosing between one thing and another?
- 21) Do you experience extreme mood swings, or have difficulty in keeping your balance?
- 22) Are you dissatisfied with your current position in life, feeling that life is passing you by?
- 23) Have you tried many different jobs but nothing seems to bring satisfaction?
- 24) Would you like to find a new career or change your old one, but have difficulty deciding what you should be doing?
- 25) Do you lack confidence?
- 26) Do you not try things for fear of failing?
- 27) Do you feel inferior, and that others are more capable and qualified than you?
- 28) On rising in the morning, do you find yourself tired, not wanting to work?
- 29) Do you feel some part of you needs to be strengthened before you can tackle your job?

- 30) Do you find once you have started working your tiredness is forgotten, and you are able to complete your task?
- 31) Are you absentminded, or does your attention easily wander, making it difficult to concentrate?
- 32) Do you find you have little interest in present circumstances, often daydreaming, wishing you were somewhere else?
- 33) Do you find yourself dozing off frequently, regardless of where you are?
- 34) Do you find you are caught between living in the present and dwelling on memories of the past?
- 35) Are there things you would like to have done with your life but never had the opportunity to do?
- 36) Do you find yourself reminiscing about the good old days, wishing you were able to live your life over again?
- 37) Do you find you are indifferent and apathetic towards life?
- 38) Are you resigned to your current circumstances, making little effort to improve things or find joy?
- 39) Do you feel you have given up and don't care one way or another what happens?
- 40) Are you troubled by persistent unwanted thoughts?
- 41) Do you worry or have mental arguments which circle around in your mind?
- 42) Do you have difficulty sleeping due to mental chatter and worries?
- 43) Do you find you don't learn from past experiences, repeating the same mistakes or pattern of behavior?
- 44) Due to lack of observation, do you find it necessary to go over things already done?
- 45) Is there a particular situation or condition continually recurring in your life, which you would like to overcome?
- 46) Are you now going through, or have you recently gone through an illness or personal ordeal, which left you physically and mentally drained?
- 47) Do you tire easily with no reserve energy to complete your tasks or enjoy the day?
- 48) Do you feel sapped of strength and vitality, where even the least effort exhausts you?
- 49) Do others find you aloof, prideful and at times condescending?
- 50) Do you keep to yourself, not wishing to be interfered with or to interfere in other people's affairs?
- 51) Are you self-reliant and prefer spending your time alone?
- 52) Do you find yourself losing patience, becoming tense and irritable with people and things that move too slowly for you?
- 53) Do you do things in a rush, racing from one place or situation to another?
- 54) Do you find you need to work alone, because others can not keep up with your pace?
- 55) Do you find others avoiding conversation with you because you tend to talk a great deal?
- 56) Do you dislike being alone and seek the company of any one willing to listen to your troubles?
- 57) Do you feel the need to steer conversations back to your special interests or problems, and are reluctant to discontinue them even when the listener has to leave?
- 58) When worried or in pain, do you tend to conceal it from others, making light of even the trying of circumstances?
- 59) Do you go out of your way to avoid burdening others with your problems, giving into the wishes of others in order to avoid an argument or quarrel?

- 60) When troubled, do you find yourself drinking alcohol or using stimulants or other drugs to assist in keeping up a happy disposition?
- 61) Are you easily imposed on because of your willingness to help others?
- 62) Is it difficult for you to say “no” when you are asked for help, becoming more of a servant than willing helper?
- 63) Do you neglect your own needs because you are too busy taking care of other people’s needs?
- 64) Are you involved in a relationship or situation you would like to be free of, but cannot break away from?
- 65) Are you currently in a state of transition or change?
- 66) In the midst of this change, do you find that you are having difficulty in letting go of past attachments or in starting new beginnings?
- 67) Are you suspicious and mistrusting of other people’s motives and intentions?
- 68) Do others find you spiteful, envious, jealous or vengeful?
- 69) Do you find yourself lacking compassion or warmth toward others?
- 70) Are you rarely content with your accomplishments, feeling that you could always do a better job?
- 71) Do you blame yourself for other people’s mistakes, feeling that their shortcomings are in some way your fault or responsibility?
- 72) Are you hard on yourself when you fail to live up to the standards or expectations you have set for yourself?
- 73) Do you tend to overextend your work commitments?
- 74) Do you find yourself overwhelmed by your work, and despite being capable, feel you have taken on more than you can do?
- 75) Do you become despondent when faced with the magnitude of your responsibilities?
- 76) Have there been past traumas or shocks in your life where you may not have completely recovered?
- 77) Do you feel like a past surgery or accident is responsible for your present condition?
- 78) Have you recently, or in the past, suffered a personal loss which you haven’t quite gotten over?
- 79) Do you feel like you have reached the limits of your endurance, and there is nothing but annihilation left to face?
- 80) Do you suffer from mental anguish and deep despair?
- 81) Do you feel like the burden of life is more than you can bear?
- 82) Have you lost hope that you will recover from or be helped in overcoming an illness or difficulty?
- 83) Do you feel as if it is useless to seek further help for your problems?
- 84) Have you given up hope that things will change for the better in some circumstance or situation in your life?
- 85) Do you ever become gloomy and depressed for no known reason?
- 86) Does this depression envelop you like a dark cloud, hiding the joy of life?
- 87) Do you find this gloom and depression, for no apparent reason, lifts as suddenly as it comes?
- 88) Are you easily discouraged when things do not go your way?
- 89) When setting out to accomplish a task, do you become over-sensitive to small delays and hindrances, which may lead to self-doubt, and at times to depression?

- 90) Is it hard for you to start over again once you have encountered difficulties?
- 91) Are you one who tirelessly struggles on despite opposition and delays?
- 92) Can you always be depended on to complete what you set out to do, regardless of the challenge?
- 93) Do you tend to throw yourself into your work, neglecting your own needs, as well as the needs of those close to you?
- 94) Through no fault of your own, do you feel that life has been unfair or unjust to you?
- 95) Have you become resentful and bitter toward those who may have treated you poorly?
- 96) Despite all you have done, do you feel your best efforts have largely gone disregarded, while others not as deserving as yourself, have gained?
- 97) Do you feel unclean or ashamed over an act you should not have committed, or over someone or something having violated you personally?
- 98) Do you find yourself preoccupied with small physical problems such as pimples, small blemishes or rashes, while overlooking more serious conditions?
- 99) Do you feel there is something wrong with, or some things you would like changed, in your physical appearance?
- 100) Are you compulsive about cleanliness, even at times to the extreme?
- 101) Are you afraid of becoming, or feel you have already become, contaminated and need to be cleansed?
- 102) Are you possessive of those close to you and feel you know what's best for them, often directing and correcting even small details of their lives?
- 103) Do you feel you are not appreciated by those who care for you?
- 104) Do you find yourself needing the attention and devotion of those you love, feeling it's their duty to stay in close contact with you?
- 105) When assessing people and situations, do you look for what you can find wrong?
- 106) Do the small habits and idiosyncrasies of others bother you?
- 107) Are you critical and intolerant of those who don't measure up to your standards or expectations?
- 108) Do you have strong opinions, which you attempt to convince others are right?
- 109) Are you easily incensed by injustices, arguing for and defending principles that you believe in?
- 110) Are you high strung, at times tense and over-enthusiastic, always teaching and philosophizing?
- 111) Do you feel you have a mission in life to conform with or live up to?
- 112) Are you strict in your adherence to a religious or social discipline, or in a particular way of living?
- 113) Do you feel like it is important to make an example of yourself by living up to your ideals, so that others may follow?
- 114) Do you tend to take charge in circumstances and situations you're involved with?
- 115) Are you strong-willed and expect complete obedience (without question) from those around you?
- 116)** When taken to an extreme, can you become tyrannical and domineering?