

Trauma in your Energy Centers (Blank=No; 1=Yes) © Kimberly Beek

#1 Safety Center			
	YES!	Somewhat	NOPE!
I feel safe and generally at home in my body			
My thoughts feel safe			
I trust myself			
I have financial security			
I have a safe and comfortable home for myself			
I feel safe in my relationships			
I trust others			
I feel safe in my thoughts about life			
My emotions feel safe			
I am able to financially support myself			
I feel grounded and rooted to this earth (physical realm)			
I feel connected to my physical body and take care of it's needs before illness or disease sets in			
Other			
Other			

#2 Connection			
	YES!	Somewhat	NOPE!
I feel connected to my family and/or community			
I experience pleasure in my life			
I have harmony in my relationships			
I have balance and flow within my emotions; I feel them and stay connected to their messages			
I govern my emotions; My emotions don't rule me			
I have plenty of sexual energy			
I was able to get pregnant and carry baby full term (if applicable)			
I can maintain harmony in my work relationships			
I have intimacy in my relationships			
I enjoy food without abusing it			
I feel plenty of joy (very little shame/guilt)			
My relationships are harmonious (no drama)			
Other			
Other			
#3 Willpower			
	YES!	Somewhat	NOPE!
I am confident			
I have the power to change my circumstances			
I am courageous and take risks toward love, truth, and desires			
I have a strong sense of self-respect			
I have peaceful action in my life			
I accomplish my goals when I set my mind to it			
I am motivated and have good self-discipline			
I take responsibility for my actions (vs blaming, avoiding)			
I am fair in my opinions of self/other			
I express my thoughts while balancing compassion for people's feelings			
I demonstrate emotional, physical, and energetic strength/fortitude in what I say and do			
Other			
Other			

#4 Love	YES!	Somewhat	NOPE!
I love myself and feel a deep connection with myself			
When I have deep emotions, I am able to be with myself and feel through them			
I have deep gratitude for my present circumstances and my past			
I am good at RECEIVING gifts, help and love from others; and I do it regularly			
I am good at GIVING help and love to others; and I do it without strings			
I can forgive myself when I don't meet my expectations (current and past)			
I can forgive those from my past who have hurt me			
I can forgive people day-to-day; I don't hold grudges			
I live life with an open heart (vs protected and not letting people in)			
Other			
Other			

#5 Communication			
	YES!	Somewhat	NOPE!
I freely express my Truth, without reservation			
I have a strong commitment to inner honesty			
I am living my Truth in all areas of expression			
I am creative and inspired			
I am good at RECEIVING others' truths (listening)			
I have good communication skills			
I speak up when I'm not feeling heard			
I can be seen by others without reservation			
I have integrity in what I say about others			
Other			
Other			
#6 Intuition			
	YES!	Somewhat	NOPE!
I am connected to my intuition and inner guidance			
I have awareness when I dip into fear vs love			
I can always see potential beyond my current circumstances (vision for future)			
I am able to examine and reflect on my circumstances, my actions, and how I affect			
I have a strong vision for the future and what's possible			
I am visually creative			
I see beauty EVERYWHERE			
I can see beyond this physical realm			
I get intuitive hits on others (OR) I see patterns in people's behavior			
Other			
Other			

#7 Source Connection	YES!	Somewhat	NOPE!
I am deeply connected to my Source energy (God, Earth, Sun)			
I am able to draw life force energy from my Source (energized from the connection)			
I can pan out to see the Sacredness of the positive and negative things in life (the GREATER Purpose of Life)			
I feel a sense of Unity and Oneness with other humans on this path			
I can access my higher consciousness for higher wisdom and teachings			
I have clarity and calmness in my thoughts and mind			
I am guided by my higher mind in my day-to-day life			
I can easily access Bliss and higher frequencies			
I understand my higher purpose			
Other			
Other			

Spiritual Connection & Wisdom — 7

