

Emotional Leakages[®] Inventory

Our bodies are a biological imprint of what goes in our head and heart. As we experience life, part of our experiences gets stored in our bodies as cell memories in the form of various physiological conditions.

If you hold emotions for a long time, these emotions may potentially leak in the form of subconscious behaviours. The purpose of this survey is to assess the level of emotional leakages that you have in your life.

Healing Wounds Together – www.healingwoundstogether.com

Rate yourself on a scale from 1 to 10.

Strongly Disagree					Agree nor Disagree					Strongly Agree
1	2	3	4	5	6	7	8	9	10	

Self Beliefs		
I believe that life is hard		
I believe that life has been unfair to me		
I regret many things that I have done in my life		
I feel responsible for others		
I don't feel rested		

Choose the options, add the numbers next to these options and write the total score in the column. For example, if you choose Chips & Soft Drinks, your total score will be 4.

Nutrition		
I eat these 2 or more times during any given week		
<ul style="list-style-type: none"> ▪ Sugar (2) ▪ Milk Chocolate (2) ▪ Chips (2) ▪ Soft Drinks (2) ▪ Fast Food (burgers, pizza, and pies etc.) (2) 		

Rate yourself on a scale from 1 to 10.

Strongly Disagree					Agree nor Disagree					Strongly Agree
1	2	3	4	5	6	7	8	9	10	

Behaviours & Symptoms		
I have health issues		
I am always rushing from one thing to the next		
I feel resentful a lot of the time		
People generally disappoint me		

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	I find it hard to forget when people upset me	
	My behaviour changes when I am resentful towards someone	
	When I feel resentful, I tend to make the person guilty or ashamed	
	When I am angry, I tend to be short-tempered	
Relationships	I have lots of friends but none of them are close	
	I find it hard to trust people	
	I find it hard to ask for support from friends and family members	
Community	I find it hard to empathise with strangers	
	When I drive, I tend to express road rage	
	I am not part of any community groups	

Now let's see how you did...

Add all the scores together and write here

Now divide the total score by 20 and write your score here

What Now?

If you have scored between 1-3, Congratulations! You are not only caring for self but you are spreading happiness and inspiration around you.

If you are not doing so well, and need help, please check out my website for tools and resources that can help you implement a system of self-care.

When we are in touch with our needs and when we know how to communicate our needs and meet them in a win-win scenario, our life transforms and we have the potential to create an amazing sense of bliss and enjoy relationships that support us and help us grow.

Remember, Happiness Creates Happiness!

IF YOUR TOTAL SCORE IS

1-3

You have a great balance in life and are self-caring

4-6

You are doing well but you can improve

7-10

Your life problems are having a subconscious effect on you and you may be negatively affecting others around you