

## Are you emotionally fit?

We are bombarded by articles and advertisements about the value of becoming physically fit. What about your emotional fitness? How would life be if you were really emotionally free. Take this questionnaire to determine your emotional health. Each question has 4 answers to choose from. Please total the numbers from all answers.

1. Do you stop yourself from feeling emotions?  
Often(1), sometimes(2), rarely(3), never(4)
2. How do you deal with anger?  
Explode(1), suppress(2), talk about(3), feel it(4)
3. When someone else expresses anger do you –  
feel scared(1), explode with anger yourself(2), speak up for yourself(3), let their anger stay with them(4).
4. Do allow yourself to cry?  
Never(1), rarely(2), sometimes(3), usually(4)
5. Do anxious feelings stop you from trying something new?  
Often(1), sometimes(2), rarely(3), never(4)
6. When someone close to you died, how did you react?  
Not grieve(1), grieve a little(2), tell yourself to stop grieving(3), let yourself feel it(4)
7. Do you laugh, sing and dance with happiness?  
Never(1), rarely(2), sometimes(3), often(4)
8. When you are criticized do you –  
feel neutral(4), stick up for yourself(3), criticize yourself(2), feel stupid(1)
9. Do you find yourself wanting approval from others?  
Never(4), rarely(3), sometimes(2), often(1)
10. Do you blame others for how you feel?  
Never(4), rarely(3), sometimes(2), often(1)
11. Do you feel grateful?  
Often(4), sometimes(3), rarely(2), never(1)
12. How long does it take you to bounce back from feeling low?  
1hr(4), 1 day(3), 1 week(2), longer(1)

Scoring: 42 - 48 You are emotionally healthy. An appointment with me could allow you to open further to the abundance of life.

35 – 41 Be aware of the areas in which you are not allowing yourself to open and feel emotions. I can facilitate this with you.

25 – 34 Make an appointment with me and get to the cause of being emotionally shut down.

Below 24 Definitely make an appointment soon to honour yourself and live life more freely.