

15 Human Conditions

What is really causing your problems? Circle the number that comes closest to representing how true the statement is for you right now. Then, score yourself using the key at the bottom of the page.

Less True	More True				Statement
1	2	3	4	5	I have not really made the authentic choice to be fully alive for the rest of my life.
1	2	3	4	5	I need to be right.
1	2	3	4	5	I have unresolved matters and issues.
1	2	3	4	5	My personal values are not clear or are not fully expressed.
1	2	3	4	5	I am addicted or attached to substances, people, or behaviors.
1	2	3	4	5	I am currently living a lie.
1	2	3	4	5	I really do not have anything better to do than what I am doing now.
1	2	3	4	5	I am not really engaged in the game of life.
1	2	3	4	5	I have financial problems or major concerns.
1	2	3	4	5	I am missing key, empowering relationships in my life.
1	2	3	4	5	My needs are not being met.
1	2	3	4	5	My life is primarily about me.
1	2	3	4	5	I do not really understand how life works so well for certain other people.
1	2	3	4	5	I have not experienced very much in life yet.
1	2	3	4	5	I am under a lot of stress.
					Total score (add up all numbers)

SCORING KEY

- 61–75 Now you know why life is such a struggle!
- 41–60 You’ve started to live, but you have a lot to learn about yourself and how life works effortlessly.
- 26–40 You’re on your way—keep going! You’ll get there.
- 15–25 Congratulations: You have what it takes to be extraordinary, now.