

Are You Suffering From Soul Loss Questionnaire?

1. Do you feel apathy, listlessness, or are uninterested in life? _____
2. Do you keep repeating the same life mistakes over and over again and can't seem to help it? _____
3. Do you continually have the feeling that something is wrong but can't quite put your finger on it? (Waiting for the next shoe to drop?) _____
4. Do you feel something is missing in your life?

5. Do you have parts of your childhood you can't remember? _____
6. Do you have unexplainable moments of anger or rage?

7. Do you feel like there is a hole in your heart?

8. Do you feel like there has to be more to life?

9. Do you feel like stress is a big boulder on your shoulder?

10. Do you feel like everyone else has charge of your life besides you? _____
11. Do you feel lonely but can't explain why? _____
12. Did something happened and you have never been the same since? _____

13. Do you feel like the real you is “missing”? _____
14. Do you feel like you have lost your sparkle, smile and joy? _____
15. Do you feel like you’re not whole? _____
16. Do you feel like you are stuck in 50 lbs of muck?

17. Do you feel hopeless? _____
18. Is there a serious imbalance in our relationships?

19. Do you constantly make poor self choices? _____
20. Are you constantly focused on negative thoughts?

21. Do you feel numb? _____
22. Do you feel empty? _____
23. Do you have a broken heart and can’t recover from it?

24. Do you feel you cannot connect with your purpose in life? _____
25. Are you constantly complaining and comparing yourself to others? _____