##### Our Spiritual Nutrition and

##### Making Change in Our Lives (a Workbook)

###### Section 8 Spiritual questionnaire

This questionnaire will help you recall your childhood experiences and, hopefully, how you reacted to them. These reactions formed the very foundation of your life, that is to say, they became your thoughts, attitudes, emotions, [belief systems](http://www.ourspiritualnutrition.com/is06.html#Belief_systems) and desires (TAEBSD). Learning your negative TAEBSD reveals the thought patterns and behaviours that hold you back in life and make it hard to have healthy relationships; they might even cause you health concerns.

There are many difficult questions within this form; they need to be directed to the [Universal Intelligence](http://www.ourspiritualnutrition.com/is06.html#Universal_intelligence), preferably while in a [meditative state](http://www.ourspiritualnutrition.com/is03.html#section_3_-_a_new_form_of_meditation), along with your specific request for [universal truth](http://www.ourspiritualnutrition.com/is06.html#Universal_truth) for each answer. Without that, your guide will be obliged to tell you what you want to hear or what you already believe. If we really want to grow and become self-aware though, only the Truth will serve. See [free will](http://www.ourspiritualnutrition.com/is06.html#Free_will) and [How can I be sure I'm receiving Universal Truth?](http://www.ourspiritualnutrition.com/is04-1.html#how_can_I_be_sure_Im_receiving_universal_truth)

It is not enough to just recall our experiences and our memories about them and leave it at that. We also must identify and resolve the [inner conflicts](http://www.ourspiritualnutrition.com/is06.html#Inner_conflict) and beliefs that arose from them. This gradually refines and reduces our chaotic, negative thoughts as well as our negative behaviours. See [Spiritual decluttering](http://www.ourspiritualnutrition.com/is01.html#spiritual_decluttering_cleaning_up_our_thoughts).

As you search your memories, try to pay attention to your body for [signals](http://www.ourspiritualnutrition.com/is05.htm#Signals).

There are five areas to examine:

[Part 1 - Childhood](file:///C%3A%5CS%5CWeb%20Site%5CZ%5Cis08.html#part-1-childhood)

[Part 2 - Education and Employment](file:///C%3A%5CS%5CWeb%20Site%5CZ%5Cis08.html#part-2-educ-empl)

[Part 3 - Family](file:///C%3A%5CS%5CWeb%20Site%5CZ%5Cis08.html#part-3-family)

[Part 4 - Marital Status](file:///C%3A%5CS%5CWeb%20Site%5CZ%5Cis08.html#part-4-marital-status)

[Part 5 - General](file:///C%3A%5CS%5CWeb%20Site%5CZ%5Cis08.html#part-5-general)

This search through your memories will help you to see where change is really needed, and why. The next step is to make those changes by doing the spiritual exercises set out in [Section 9](http://www.ourspiritualnutrition.com/is09.htm#our_spiritual_nutrition).

Note: Be sure to save your work to your personal device.

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| --- |
| [Part 1](#Section_8_Part_1) [Part 2](#Section_8_Part_2) [Part 3](#Section_8_Part_3) [Part 4](#Section_8_Part_4) [Part 5](#Section_8_Part_5) |

## Part 1 – Childhood

This section asks questions designed to help find painful issues that may have been forgotten or buried, but that continue to affect our lives in negative ways. Recognizing these issues enables us to begin changing ourselves at soul level.

*Click a button to select or deselect it. Click in a box to enter text.*

1.1 Who raised you?

[ ] Birth family [ ] Adoptive family [ ] Foster family [ ] Extended family [ ] Other

Describe your feelings about this:



1.2 Did your parents:

[ ] Remain together [ ] Separate [ ] Divorce

Describe your feelings about their decision, and if it still impacts your life:



1.3 What was the emotional environment of your childhood home like?

[ ] Pleasant [ ] Unpleasant [ ] Lots of laughter [ ] Lots of arguing [ ] Lots of silence [ ] Lots of abuse (of any sort)

Describe your feelings about this, and if your home life now is similar:



1.4 Was your childhood home:

[ ] Perfection [ ] Clean but messy [ ] Dirty, messy, cluttered, things falling apart

Describe your feelings about this, and about organization and cleanliness in general:



1.5 How many children are or were in your family?

[ ] One [ ] Two to four [ ] Five to nine [ ] 10 or more

Do you wish there had been more? Or fewer? How have you dealt with your parents’ decision to have the number of children they had?



1.6 If one or more of your siblings has passed away, how did you deal with their passing?



1.7 Describe your feelings about:

a. If you were adopted or a foster child:



b. If any or all of your siblings were adopted:



c. If you were the only “natural” child in a family of adopted or foster children:



d. If you were the only adopted or foster child in a family of natural children:



e. If there were half- or step-siblings:



1.8 If you were adopted:

a. Describe how you felt when you first found out:



b. Were you told not to tell anyone about it?



c. If so, how did that make you feel?



d. Did your adoptive family encourage you to seek your birth family when you became an adult?



e. How did that make you feel?



1.9 If you were a foster child:

a. Describe your feelings about your experiences:



b. Describe your feelings about your birth family:



1.10 How much attention did you receive as a child?

[ ] Too little [ ] Enough [ ] Too much

Describe your feelings about the amount of attention you received:



1.11 Were you allowed privacy?

[ ] Yes [ ] No

Describe your feelings about whether you had privacy:



1.12 List the painful events of your life, describing how you dealt with them and your current feelings about them:



a. Were you made to feel responsible for their occurrence?

[ ] Yes [ ] No

b. Have you fully [grieved](http://www.ourspiritualnutrition.com/is06.html#Grief) these events?

[ ] Yes [ ] No

1.13 If you have been or are being abused (physically, sexually, mentally, emotionally), describe how you have dealt with it, noting whether counselling was provided for you and your current feelings about all of it:



If the abuse is still occurring, describe your thoughts and feelings about this, and why it has not stopped:



For each traumatic experience of your life, ask your guide which of the following negative thoughts, attitudes and emotions you have and listen for the answer. Instead of trying to figure it all out, simply ask your guide, “Does this one apply?” and listen for the answer. (Your guide may give you a physical signal for yes or no, so try to pay attention to your body as well as your thoughts. Continue in the same manner for each item. Place your cursor in each appropriate box and left click to record the one(s) that your guide feels applies. To change a choice, click it again.

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| [ ] [Abandonment](http://www.ourspiritualnutrition.com/is06.html#Abandonment) | [ ] [Criticism](http://www.ourspiritualnutrition.com/is06.html#Criticism) | [ ] [Greed](http://www.ourspiritualnutrition.com/is06.html#Greed) | [ ] [Resentment](http://www.ourspiritualnutrition.com/is06.html#Resentment) |
| [ ] [Anger](http://www.ourspiritualnutrition.com/is06.html#Anger) | [ ] [Distress](http://www.ourspiritualnutrition.com/is06.html#Distress) | [ ] [Grief](http://www.ourspiritualnutrition.com/is06.html#Grief) | [ ] [Revenge](http://www.ourspiritualnutrition.com/is06.html#Revenge) |
| [ ] [Anxiety](http://www.ourspiritualnutrition.com/is06.html#Anxiety) | [ ] [Distrust](http://www.ourspiritualnutrition.com/is06.html#Distrust) | [ ] [Guilt](http://www.ourspiritualnutrition.com/is06.html#Guilt) | [ ] [Self-importance](http://www.ourspiritualnutrition.com/is06.html#Self-importance) |
| [ ] [Arrogance](http://www.ourspiritualnutrition.com/is06.html#Arrogance) | [ ] [Ego](http://www.ourspiritualnutrition.com/is06.html#Ego) | [ ] [Jealousy](http://www.ourspiritualnutrition.com/is06.html#Jealousy) | [ ] [Self-righteousness](http://www.ourspiritualnutrition.com/is06.html#Self-righteousness) |
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| [ ] [Blame](http://www.ourspiritualnutrition.com/is06.html#Blame) | [ ] [Envy](http://www.ourspiritualnutrition.com/is06.html#Envy) | [ ] [Perfectionism](http://www.ourspiritualnutrition.com/is06.html#perfectionism) | [ ] [Victim](http://www.ourspiritualnutrition.com/is06.html#Victim) |
| [ ] [Condemnation](http://www.ourspiritualnutrition.com/is06.html#Condemnation) | [ ] [Fear](http://www.ourspiritualnutrition.com/is06.html#Fear) | [ ] [Pessimism](http://www.ourspiritualnutrition.com/is06.html#Pessimism) | [ ] [Worry](http://www.ourspiritualnutrition.com/is06.html#Worry) |

1.14 What was your part in the traumatic events of your life? Do you feel that you played a part in them, or do you feel that it is the other person/people who need to seek the understanding, because you have done nothing wrong?



a. Describe the beliefs you have today because of them:



b. Make a list of all the people you have fully forgiven:



c. Make a list of all the people you have not forgiven and why:



1.15 If you or any of your family members are or were addicted to food, alcohol, tobacco, drugs, gambling, what sorts of problems did this create?



a. Has anyone sought rehabilitation?



b. What opinions do you have now about people who are addicts (including yourself)?



c. List all of your addictions, including substances and behaviours.



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| Save your work [Part 1](#Section_8_Part_1) [Part 2](#Section_8_Part_2) [Part 3](#Section_8_Part_3) [Part 4](#Section_8_Part_4) [Part 5](#Section_8_Part_5) |

## Part 2 - Education and Employment

### *Part 2(a) - Education*

This section deals with education. Many belief systems are formed during these very important years and they contribute to one’s current issues.

The importance lies not in the amount of schooling you have had, but in what you think and feel about your education. What belief systems have developed because of your schooling experiences? Remember to consider:

* Yourself, your intelligence and your academic abilities (e.g., do you often say that you are stupid or a slow learner?)
* Your level of schooling (Do you have regrets that you accomplished too little or too much?)
* Your classmates (When you think of them, are you remembering good or bad experiences?)
* Your teachers (Were they helpful, or critical, too busy, aloof, abusive in any way, etc.?)

2a.1 Were you an overachiever? If so, what were your motives?



2a.2 Were you a bully, or a victim of bullying? Were you just invisible?



2a.3 Were you often (or never) late or absent for classes?



2a.4 Were you sent away to boarding school?



2a.5 Were you encouraged and helped to excel?



2a.6 Were you encouraged to think and speak?



2a.7 Did you receive any training in music, sports, the arts, etc.?



2a.8 Were you encouraged to "follow your heart" at home or at school?



2a.9 When you meet people who remind you of people from your school years, what characteristics do they have in common, and what are their differences?



2a.10 Ask your guide which of the following applies as you consider the above questions. Listen for the answer and record it in the appropriate box:

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| [ ] [Abandonment](http://www.ourspiritualnutrition.com/is06.html#Abandonment) | [ ] [Criticism](http://www.ourspiritualnutrition.com/is06.html#Criticism) | [ ] [Greed](http://www.ourspiritualnutrition.com/is06.html#Greed) | [ ] [Resentment](http://www.ourspiritualnutrition.com/is06.html#Resentment) |
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| [ ] [Anxiety](http://www.ourspiritualnutrition.com/is06.html#Anxiety) | [ ] [Distrust](http://www.ourspiritualnutrition.com/is06.html#Distrust) | [ ] [Guilt](http://www.ourspiritualnutrition.com/is06.html#Guilt) | [ ] [Self-importance](http://www.ourspiritualnutrition.com/is06.html#Self-importance) |
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| [ ] [Avoidance](http://www.ourspiritualnutrition.com/is06.html#Avoidance) | [ ] [Embarrassment](http://www.ourspiritualnutrition.com/is06.html#Embarrassment) | [ ] [Judgment](http://www.ourspiritualnutrition.com/is06.html#Judgment) | [ ] [Shame](http://www.ourspiritualnutrition.com/is06.html#Shame) |
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### *Part 2(b) - Employment*

Since about a third of our life is devoted to earning an income, our thoughts, attitudes and emotions about our career can have a huge impact on our quality of life.

2b.1 If you are employed:

a. What is your profession?



b. Do you feel it's your true calling in life?



c. How do you feel about your supervisor, your boss, and your co-workers?



d. Do you feel appreciated by your employer?



e. Do you feel fulfilled in your profession?



f. Do you look forward to going to work?



g. What do you do when you get home from work?



h. Do you ever make your dependents (or your mate) feel responsible for "making" you work, or for not "allowing" you to work?

[ ] Yes [ ] No

i. Which of these apply as you consider your job?

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2b.2 If you are unemployed, how does it affect your self-esteem?



a. What are your thoughts and feelings about being unemployed?



b. What are your thoughts and feelings about others who are unemployed?



c. What are your thoughts and feelings about those who are homeless?



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| Save your work [Part 1](#Section_8_Part_1) [Part 2](#Section_8_Part_2) [Part 3](#Section_8_Part_3) [Part 4](#Section_8_Part_4) [Part 5](#Section_8_Part_5) |

## Part 3 - Family

Our family’s physical genetics, along with portions of our spiritual genetics, determine much of what we will face in life. No matter who raises us though, we have the power to overcome the challenges presented by our genetic inheritance.

### *Part 3(a) - Parents*

3a.1 If your parents are still living:

a. Are they able to look after themselves?



b. Have you become responsible for one or both of them? (Have you always felt responsible for one or both of them?)



c. Describe your feelings about their limitations:



3a.2 If either or both has/have passed away:

a. Have you dealt with your grief?



b. Do you feel responsible for his or her passing?



c. If the death(s) was a relief for you, do you feel guilty for feeling that way?



d. What issues remain unresolved?



3a.3 If one parent has passed away:

a. How well is the survivor spouse coping?



b. If you have become a "replacement spouse", how does it make you feel?



3a.4 Do you now, and/or did you as a child, feel you can talk to both of your parents about anything without fear?



a. If not, why?



b. If so, did you feel obligated to tell them everything?



3a.5 What are your thoughts and feelings about how you were raised?



3a.6 Do you often find yourself defending your parent(s)' choices?)



3a.7 List your parents' positive and negative characteristics:



List the ones that you have “inherited”



3a.8 If you are responsible for someone today (human or otherwise), do you carry your responsibilities the way either or both of your parents did? Describe:



3a.9 Once again, ask your guide which of the following applies to you as you think of your parents and your relationship with them, listen for the answer and record it in the appropriate box.

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### *Part 3(b) - If you have children*

3b.1 How many are there? Include any children who may have been surrendered for adoption:



3b.2 If one or more of your children predeceased you, how has this been dealt with by each family member?



What services were provided for each family member to help them through their grief? If there were none, describe why:



3b.3 Describe the physical, emotional and spiritual health of each of your children:



3b.4 If all members of your family are not treated with respect by each other, describe why this may be so:



3b.5 If certain family members argue constantly, describe why this is tolerated:



3b.6 What steps are taken to resolve differences within the family setting?



3b.7 How are the children disciplined?



3b.8 If one parent is always "the bad guy" when it comes to discipline, describe why:



3b.9 To whom do the children go when they need assistance and why?



3b.10 If your children have negative behaviours:

a. What do you believe causes them to behave poorly?



b. What have you done to teach the children positive behaviours?



c. Which of your negative behaviours are your children simply copying?



d. If your children are constantly vying for your attention, describe why you believe this is so (and don't blame it on "sibling rivalry"):



3b.11 Do you believe that your children would speak to you about anything, without fear?



a. Have you asked them if that is how they feel?

[ ] Yes [ ] No

b. If someone from outside the family asked them, what do you think your children might say?



3b.12 If one of your children is expected to be responsible for the others:

a. Why is this so?



b. Does this create difficult situations for any or all of the children?



c. If one of your children is always trying to "keep the peace" in the family, describe why you believe this is so:



3b.13 What are your thoughts, attitudes and emotions regarding your parenting skills?



Are they similar to those you hold for your parents' parenting skills?



3b.14 What are your thoughts, attitudes and emotions regarding your children?



Are they similar to those your parents hold or held for you?

[ ] Yes [ ] No

3b.15 Are any family members estranged?

[ ] Yes [ ] No

a. If yes, whose choice is it to remain out of contact?

[ ] Their own [ ] Someone else’s

b. If their own, why? If someone else’s, whose and why?



### *Part 3(c) - If you have no children*

3c.1 Was it a conscious decision made by you and/or your partner?

[ ] Yes [ ] No

3c.2 Was it an infertility problem?

[ ] Yes [ ] No

3c.3 What are your beliefs about being childless?



3c.4 Which of the following does your guide feel you hold regarding your lack of children? Ask your guide whether each thought, attitude and emotion is within you as you think about it, and listen for the answer:

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| [ ] [Abandonment](http://www.ourspiritualnutrition.com/is06.html#Abandonment) | [ ] [Criticism](http://www.ourspiritualnutrition.com/is06.html#Criticism) | [ ] [Greed](http://www.ourspiritualnutrition.com/is06.html#Greed) | [ ] [Resentment](http://www.ourspiritualnutrition.com/is06.html#Resentment) |
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| [ ] [Condemnation](http://www.ourspiritualnutrition.com/is06.html#Condemnation) | [ ] [Fear](http://www.ourspiritualnutrition.com/is06.html#Fear) | [ ] [Pessimism](http://www.ourspiritualnutrition.com/is06.html#Pessimism) | [ ] [Worry](http://www.ourspiritualnutrition.com/is06.html#Worry) |

### *Part 3(d) - Extended Family Members*

This includes aunts, uncles, cousins, or close family friends with whom you have a close bond.

3d.1 List those who have played an important part in your life:



3d.2 Ask your guide whether each thought, attitude and emotion is within you as you think about each person named on your list, and listen for the answer:

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## Part 4 - Marital status

Whether married or not, in a committed relationship or not, in a business partnership or not, it is important to look at why we do or do not get along well with others.

4.1 What is your marital status?



4.2 What are your belief systems about marriage?



4.3 Do you fear that God judges, criticizes and condemns us for our lifestyle choices?



4.4 Which of the following does your guide feel you hold regarding your marital status? Ask your guide whether each thought, attitude and emotion is within you as you think about it, and listen for the answer:

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### *Part 4(a) - Committed relationship*

If you are in a committed relationship, describe your relationship with your mate. Keep in mind that what you believe to be the truth and what your guide knows to be universal truth may be somewhat different. Be sure to state your willingness to set aside your belief systems in order to find universal truth.

4a.1 Who really seems to be in control, and how do you feel about that?



Is one of you always having to make amends to the other?

[ ] Yes [ ] No

If so, what causes this?



4a.2 Do you live in fear of your mate's temper (or they of yours)?

[ ] Yes [ ] No

a. How does that make you feel?



b. Does it remind you of someone in your own family background?

[ ] Yes [ ] No

c. If so, who?



4a.3 Do you appreciate one another?

[ ] Yes [ ] No

a. Do you tell the other that this is so?

[ ] Yes [ ] No

b. If not, why?



4a.4 Do you support one another emotionally, equally?

[ ] Yes [ ] No

If not, why?



4a.5 Is one of you always supportive and the other, never?

[ ] Yes [ ] No

How does this make you feel?



4a.6 Is one of you in charge of keeping the relationship going?

[ ] Yes [ ] No

a. Is one of you always making sure that you do things together as a couple?

[ ] Yes [ ] No

b. What do you fear would happen if that stopped?



4a.7 How are disagreements handled?



Does one of you usually "win"?

[ ] Yes [ ] No

4a.8 Who takes care of the finances, and why?



4a.9 Who makes the major decisions, and what happens if the “correct” choice is not made?



4a.10 How are losses handled (financial losses, physical injury, deaths, emotional and spiritual injuries)?



4a.11 Are household responsibilities shared equally?

[ ] Yes [ ] No

a. Is one person always doing everything to keep the home running smoothly?

[ ] Yes [ ] No

b. If so, who and why?



4a.12 What issues do you have as a couple that consistently remain unresolved?



4a.13 As you ponder your relationship, what negative thoughts, attitudes and emotions arise?

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### *Part 4(b) - Single (not in a committed relationship)*

4b.1 If you made a conscious decision to remain single, list your reasons for doing so:



4b.2 If you habitually develop relationships with people who are unable or unwilling to commit to you, describe why you think this might be so:



4b.3 If you have been unable to find the "right" person to whom to commit, describe why you think this might be so:



4b.4 If you are not completely at peace with being single, which of the negative thoughts, attitudes and emotions do you have about it?

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### *Part 4(c) - Divorced/Widowed*

4c.1 If you are divorced with no children, describe the break-up of the relationship and the property settlement. List any unresolved issues.



4c.2 If you are divorced with children, describe the break-up of the relationship, the property settlement, custodial rights, timeliness and fairness of support payments, visitation rights. List any unresolved or contentious issues.



4c.3 If you are widowed, what were the circumstances of the death of the loved one?



a. Do you feel that the spouse's death is a punishment from God?

[ ] Yes [ ] No

b. Was the death a relief for you?

[ ] Yes [ ] No

c. Do you feel that the death solved (or created) all of your problems?

[ ] Yes [ ] No

d. Do you feel guilty for having these thoughts and feelings?

[ ] Yes [ ] No

e. Do you feel devastated by the loss?

[ ] Yes [ ] No

f. Do you have survivor's guilt?

[ ] Yes [ ] No

g. Were your financial needs planned for?

[ ] Yes [ ] No

h. List any unresolved issues in your relationship, whether divorced or widowed:



i. Which of the negative thoughts, attitudes and emotions do you have regarding your divorce or widowhood?

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## Part 5 – General

By looking at our faith and religion, friends and associates, hobbies, home, pets and self we can see how our thoughts create our reality

### *Part 5(a) - Faith and religion*

5a.1 [ ] Believe in [Universal intelligence](http://www.ourspiritualnutrition.com/is06.html#Universal_intelligence) [ ] No such thing [ ] May exist, but I need proof

5a.2 What are your thoughts, attitudes and emotions as you ponder the idea of God?

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5a.3 What do you believe happens when we die?



5a.4 If you obsess about your health, what do you believe causes it?



5a.5 If you obsess about how you will die, what do you believe causes the obsession?



5a.6 If you pray, why and how often?



If not, why?



5a.7 If you meditate, why and how often?



If not, why?



5a.8 If you attend church, synagogue, mosque etc. services, why and how often?



If not, why?



5a.9 If you respect / admire the leader and the congregation members, why?



If not, why?



5a.10 What belief systems are held and taught by your religion?



### *Part 5(b) - Associates*

5b.1 List all the important people in your life. Describe how you feel about each of them, and state whether you feel (or felt) worthy, loved and appreciated by them. Include parents, grandparents, siblings, friends, aunts, uncles, cousins, teachers, your spouse (or ex-spouse(s)), children (both yours and other people's), boss, co-workers, in-laws and any other people who have played any important part in your life (even if they were absent):



5b.2 List anyone with whom you are no longer in contact due to disagreements:



5b.3 Which of the negative thoughts, attitudes and emotions does your guide feel you hold for each of your associates (whether you like them or love them or not)?

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### *Part 5(c) - Hobbies*

5c.1 What are your hobbies?



5c.2 Why have you chosen them?



5c.3 If you regularly begin new projects and abandon them before completion, describe why.



5c.4 If you finish your projects but then hide them or throw them away, describe why.



5c.5 If you have no hobbies, describe why.



### *Part 5(d) - Home*

5d.1 What is the condition of your home?

[ ] Perfection [ ] Clean but messy [ ] Dirty, messy, cluttered, things falling apart

a. Who is responsible for the state of your home?



b. If you live alone and your home is not clean and tidy, describe why.



c. If you do not live alone and your home is not clean and tidy, describe why.



d. If you have not done your part to contribute to making it a healthy environment, describe why.



e. If you avoid entertaining at home, describe why.



### *Part 5(e) - Pets*

5e.1 If you have pets, how many are there?



a. List kind of animal, name of each and state of health of each. Remember to include the pet's emotional behaviour in your description.



b. What purposes do your pets serve for you?



c. What areas of your life are neglected because of your pets?



d. If you have pets and children, how do you make sure that they each receive all the attention they need to satisfy their needs?



e. If any / all of your pets create havoc in your household, or if they create uncomfortable or fearful situations for you, your family or visitors, why do you keep them (the pets, that is)?



f. If you have more than the legal number of pets, describe why. (If you often find yourself rescuing animals, this could be because of an unrecognized need of yours to be rescued.)



5e.2 If you have no pets, describe why:



### *Part 5(f) - Self*

5f.1 What are your greatest joys in life?



5f.2 What are your biggest regrets in life?



5f.3 What are your strengths?



5f.4 What are your weaknesses?



5f.5 What kind of person do you think you are?



5f.6 Do you feel that you are meeting your soul's potential and fulfilling your life's purpose?



5f.7 What are some of the phrases you repeat most often? (e.g., "I'm sorry," or "Thank you," "How dare you!", "I don't feel like it", "I never" or "You always", "I hate..." or "What else is new..."?)



5f.8 Are you [defiant](http://www.ourspiritualnutrition.com/is06.html#Defiance) / argumentative?

[ ] Yes [ ] No

5f.9 What are you avoiding that you know really needs to be done?



5f.10 List your negative behaviours, along with what your guide thinks triggers them:



5f.11 What purpose(s) do your negative patterns serve?



5f.12 How do they prevent you from being the best person you can be?



5f.13 Which of the negative thoughts, attitudes and emotions continue to affect you today?

Recognizing them can help to reveal negative behavioural patterns; for example, if one holds onto resentments that formed in years past, it is highly likely that each new unfavourable experience will create that same emotion. In other words, "resentment" will have become a habit - a negative behavioural pattern:

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| --- | --- | --- | --- |
| [ ] [Abandonment](http://www.ourspiritualnutrition.com/is06.html#Abandonment) | [ ] [Criticism](http://www.ourspiritualnutrition.com/is06.html#Criticism) | [ ] [Greed](http://www.ourspiritualnutrition.com/is06.html#Greed) | [ ] [Resentment](http://www.ourspiritualnutrition.com/is06.html#Resentment) |
| [ ] [Anger](http://www.ourspiritualnutrition.com/is06.html#Anger) | [ ] [Distress](http://www.ourspiritualnutrition.com/is06.html#Distress) | [ ] [Grief](http://www.ourspiritualnutrition.com/is06.html#Grief) | [ ] [Revenge](http://www.ourspiritualnutrition.com/is06.html#Revenge) |
| [ ] [Anxiety](http://www.ourspiritualnutrition.com/is06.html#Anxiety) | [ ] [Distrust](http://www.ourspiritualnutrition.com/is06.html#Distrust) | [ ] [Guilt](http://www.ourspiritualnutrition.com/is06.html#Guilt) | [ ] [Self-importance](http://www.ourspiritualnutrition.com/is06.html#Self-importance) |
| [ ] [Arrogance](http://www.ourspiritualnutrition.com/is06.html#Arrogance) | [ ] [Ego](http://www.ourspiritualnutrition.com/is06.html#Ego) | [ ] [Jealousy](http://www.ourspiritualnutrition.com/is06.html#Jealousy) | [ ] [Self-righteousness](http://www.ourspiritualnutrition.com/is06.html#Self-righteousness) |
| [ ] [Avoidance](http://www.ourspiritualnutrition.com/is06.html#Avoidance) | [ ] [Embarrassment](http://www.ourspiritualnutrition.com/is06.html#Embarrassment) | [ ] [Judgment](http://www.ourspiritualnutrition.com/is06.html#Judgment) | [ ] [Shame](http://www.ourspiritualnutrition.com/is06.html#Shame) |
| [ ] [Blame](http://www.ourspiritualnutrition.com/is06.html#Blame) | [ ] [Envy](http://www.ourspiritualnutrition.com/is06.html#Envy) | [ ] [Perfectionism](http://www.ourspiritualnutrition.com/is06.html#perfectionism) | [ ] [Victim](http://www.ourspiritualnutrition.com/is06.html#Victim) |
| [ ] [Condemnation](http://www.ourspiritualnutrition.com/is06.html#Condemnation) | [ ] [Fear](http://www.ourspiritualnutrition.com/is06.html#Fear) | [ ] [Pessimism](http://www.ourspiritualnutrition.com/is06.html#Pessimism) | [ ] [Worry](http://www.ourspiritualnutrition.com/is06.html#Worry) |

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