



WHOLE SELF QUESTIONNAIRE™



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DIRECTIONS

The following questionnaire is divided into 7 sections.

For each of the 25 questions within each section, read each statement and circle, from 1 to 5, whether it applies to you.

At the end, you will receive a total of 7 scores that correspond to your 7 aspects of your whole self.

Some of the questions relate to your physical body and may be more obvious than the questions on your emotions and thoughts.

For the more subjective (personal, non-factual) questions, try to answer how you have felt and acted for at least the past month.



Section 1 – The Root

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

		1	2	3	4	5
1.	I feel comfortable in my own skin.	1	2	3	4	5
2.	My boundaries are in place.	1	2	3	4	5
3.	I am protected.	1	2	3	4	5
4.	I am safe in my home.	1	2	3	4	5
5.	I feel safe in my body.	1	2	3	4	5
SAFETY - TOTAL						
6.	I am present in my body.	1	2	3	4	5
7.	I am instinctual.	1	2	3	4	5
8.	I can survive in my surroundings.	1	2	3	4	5
9.	I relate to the physical world.	1	2	3	4	5
10.	I trust others.	1	2	3	4	5
SURVIVAL - TOTAL						
11.	I belong to a community.	1	2	3	4	5
12.	I embrace family traditions.	1	2	3	4	5
13.	My family defines who I am.	1	2	3	4	5
14.	Family is important to me.	1	2	3	4	5
15.	I am proud of my heritage.	1	2	3	4	5
TRIBE - TOTAL						
16.	I listen to my body's messages about eating.	1	2	3	4	5
17.	I eat protein.	1	2	3	4	5
18.	I eat meat.	1	2	3	4	5
19.	I can eat anything.	1	2	3	4	5
20.	I disregard how food makes my body feel.	1	2	3	4	5
FOOD - TOTAL						
21.	My body gets inflamed.	1	2	3	4	5
22.	My immune system is active.	1	2	3	4	5
23.	My adrenal glands respond to stress.	1	2	3	4	5
24.	My bones are strong.	1	2	3	4	5
25.	I am attentive to my legs and feet.	1	2	3	4	5
BODY - TOTAL						
OVERALL ROOT TOTAL (SUM OF ALL SECTIONS)						



Section 2 – The Flow

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

		1	2	3	4	5
1.	I express my emotions.	1	2	3	4	5
2.	My emotions rule my life.	1	2	3	4	5
3.	I lose control of my feelings.	1	2	3	4	5
4.	I eat for emotional reasons.	1	2	3	4	5
5.	I know what I feel.	1	2	3	4	5
EMOTIONS – TOTAL						
6.	I am creative in how I live life.	1	2	3	4	5
7.	I have many ideas.	1	2	3	4	5
8.	I spend time creating meals.	1	2	3	4	5
9.	I consider myself an “artist”.	1	2	3	4	5
10.	I am tuned into my senses.	1	2	3	4	5
CREATIVITY - TOTAL						
11.	I am open to new relationships with others.	1	2	3	4	5
12.	I seek being in a relationship.	1	2	3	4	5
13.	I am comfortable with commitment.	1	2	3	4	5
14.	I am playful with others.	1	2	3	4	5
15.	I prefer to be in the company of a friend.	1	2	3	4	5
PARTNERSHIP – TOTAL						
16.	I have food cravings.	1	2	3	4	5
17.	I eat fats and oils.	1	2	3	4	5
18.	I drink water.	1	2	3	4	5
19.	I eat nuts.	1	2	3	4	5
20.	I eat fish.	1	2	3	4	5
FOOD - TOTAL						
21.	I am hydrated.	1	2	3	4	5
22.	I have loose stools.	1	2	3	4	5
23.	I have health issues with my urinary system.	1	2	3	4	5
24.	I sweat.	1	2	3	4	5
25.	I have health issues with my reproductive system.	1	2	3	4	5
BODY - TOTAL						
OVERALL FLOW TOTAL (SUM OF ALL SECTIONS)						

FOOD SPIRIT

Section 3 – The Fire

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

		1	2	3	4	5
1.	My energy level is high.	1	2	3	4	5
2.	I am energized by living.	1	2	3	4	5
3.	I get energy from people.	1	2	3	4	5
4.	I get energy from food.	1	2	3	4	5
5.	I am always "doing" something.	1	2	3	4	5
	ENERGY – TOTAL					
6.	I am confident.	1	2	3	4	5
7.	I am determined.	1	2	3	4	5
8.	I put my focus on my goals.	1	2	3	4	5
9.	I strive for perfection.	1	2	3	4	5
10.	Achievement is important to me.	1	2	3	4	5
	POWER – TOTAL					
11.	I strive to stay in balance.	1	2	3	4	5
12.	Work is a priority for me.	1	2	3	4	5
13.	I do it all.	1	2	3	4	5
14.	I plan every activity.	1	2	3	4	5
15.	I say "yes" to everything that comes my way.	1	2	3	4	5
	BALANCE – TOTAL					
16.	I eat sweet foods as a reward for working hard.	1	2	3	4	5
17.	I eat starchy foods (e.g., breads, pastas, pretzels).	1	2	3	4	5
18.	I eat foods that give me energy.	1	2	3	4	5
19.	I am sensitive to spicy foods.	1	2	3	4	5
20.	I prefer cold foods.	1	2	3	4	5
	FOOD – TOTAL					
21.	I have digestive issues.	1	2	3	4	5
22.	I have to watch my blood sugar.	1	2	3	4	5
23.	My liver is overactive.	1	2	3	4	5
24.	I feel warm after eating.	1	2	3	4	5
25.	I have belly fat.	1	2	3	4	5
	BODY – TOTAL					
	OVERALL FIRE TOTAL (SUM OF ALL SECTIONS)					



Section 4 – The Love

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

		1	2	3	4	5
1.	I am passionate.	1	2	3	4	5
2.	I have difficulty seeing other people suffer.	1	2	3	4	5
3.	I feel other people's feelings.	1	2	3	4	5
4.	Others feelings are more important than mine.	1	2	3	4	5
5.	My heart rules my head.	1	2	3	4	5
COMPASSION – TOTAL						
6.	I include those I love in all I do.	1	2	3	4	5
7.	I am generous.	1	2	3	4	5
8.	My heart is open.	1	2	3	4	5
9.	I connect to others through touch.	1	2	3	4	5
10.	I give to others.	1	2	3	4	5
EXPANSION – TOTAL						
11.	I serve others.	1	2	3	4	5
12.	My life's work is to devote myself to a cause.	1	2	3	4	5
13.	I feel it's important to please others.	1	2	3	4	5
14.	I feel the need to help others.	1	2	3	4	5
15.	I feel like everyone's "mother".	1	2	3	4	5
SERVICE – TOTAL						
16.	I share my meals.	1	2	3	4	5
17.	I eat colorful vegetables.	1	2	3	4	5
18.	I eat leafy greens.	1	2	3	4	5
19.	I serve others food before I serve myself.	1	2	3	4	5
20.	Food is love.	1	2	3	4	5
FOOD – TOTAL						
21.	I feel anxious.	1	2	3	4	5
22.	My breathing is shallow.	1	2	3	4	5
23.	My hands are warm.	1	2	3	4	5
24.	My blood pressure is high.	1	2	3	4	5
25.	My heart rate is fast.	1	2	3	4	5
BODY – TOTAL						
OVERALL LOVE TOTAL (SUM OF ALL SECTIONS)						

Section 5 – The Truth

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

		1	2	3	4	5
1.	I am true to who I am.	1	2	3	4	5
2.	I accept being different from others.	1	2	3	4	5
3.	I am free to be who I really am.	1	2	3	4	5
4.	I am authentic in how I live life.	1	2	3	4	5
5.	I tell it like it is.	1	2	3	4	5
AUTHENTICITY – TOTAL						
6.	I speak my truth.	1	2	3	4	5
7.	I express myself in words.	1	2	3	4	5
8.	I talk more than listen.	1	2	3	4	5
9.	I am the first one to say something.	1	2	3	4	5
10.	I speak fast.	1	2	3	4	5
VOICE – TOTAL						
11.	I make decisions for myself.	1	2	3	4	5
12.	I have difficulty in choosing when I need to “let go”.	1	2	3	4	5
13.	I value my freedom.	1	2	3	4	5
14.	I am concerned with making the best choice.	1	2	3	4	5
15.	I enjoy variety.	1	2	3	4	5
CHOICE – TOTAL						
16.	I gulp my food down.	1	2	3	4	5
17.	I eat.	1	2	3	4	5
18.	I eat foods that are liquid (e.g., soups, sauces, stews, high-water fruits).	1	2	3	4	5
19.	I talk with my mouth full.	1	2	3	4	5
20.	I eat while doing other things.	1	2	3	4	5
FOOD – TOTAL						
21.	My metabolism is high.	1	2	3	4	5
22.	My thyroid gland is active.	1	2	3	4	5
23.	My throat is moist.	1	2	3	4	5
24.	I get sore throats.	1	2	3	4	5
25.	I have neck pain.	1	2	3	4	5
BODY – TOTAL						
OVERALL TRUTH TOTAL (SUM OF ALL SECTIONS)						



Section 6 – The Insight

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

		1	2	3	4	5
1.	I live in my mind.	1	2	3	4	5
2.	I become obsessed.	1	2	3	4	5
3.	I have the ability to focus intently.	1	2	3	4	5
4.	I like learning new things.	1	2	3	4	5
5.	I am prone to daydreaming.	1	2	3	4	5
REFLECTION – TOTAL						
6.	I am intuitive.	1	2	3	4	5
7.	I get impressions about things that are yet to happen.	1	2	3	4	5
8.	I am skilled at perceiving the reality of a situation.	1	2	3	4	5
9.	I have an inner knowing.	1	2	3	4	5
10.	My moods change quickly.	1	2	3	4	5
INTUITION – TOTAL						
11.	I have a vivid imagination.	1	2	3	4	5
12.	I like to focus on the future.	1	2	3	4	5
13.	I dream.	1	2	3	4	5
14.	I am a visual person.	1	2	3	4	5
15.	I see possibilities.	1	2	3	4	5
VISUALIZATION – TOTAL						
16.	I eat chocolate.	1	2	3	4	5
17.	I drink caffeinated beverages.	1	2	3	4	5
18.	My moods change with foods.	1	2	3	4	5
19.	I am addicted to foods.	1	2	3	4	5
20.	I drink alcoholic beverages.	1	2	3	4	5
FOOD – TOTAL						
21.	I have difficulty falling asleep.	1	2	3	4	5
22.	I sleep poorly.	1	2	3	4	5
23.	My memory is good.	1	2	3	4	5
24.	I am moody.	1	2	3	4	5
25.	I easily become hyperactive.	1	2	3	4	5
BODY – TOTAL						
OVERALL INSIGHT TOTAL (SUM OF ALL SECTIONS)						

FOOD SPIRIT

Section 7 – The Spirit

1= Not so much 2=Occasionally 3= Sometimes 4=Most times 5=Perhaps too much

		1	2	3	4	5
1.	I feel united with all of life.	1	2	3	4	5
2.	I am connected to the divinity of life.	1	2	3	4	5
3.	I am concerned about the health of the planet.	1	2	3	4	5
4.	Every activity has meaning.	1	2	3	4	5
5.	I feel another human being's pain and joy.	1	2	3	4	5
	CONNECTION – TOTAL					
6.	My sole priority is my soul.	1	2	3	4	5
7.	I have faith.	1	2	3	4	5
8.	I live by my spiritual views.	1	2	3	4	5
9.	My life is based on the idea that everything I experience is a spiritual lesson.	1	2	3	4	5
10.	I am detached from the physical reality I live in.	1	2	3	4	5
	SOUL – TOTAL					
11.	I reflect deeply on life.	1	2	3	4	5
12.	I see a greater purpose to all of life.	1	2	3	4	5
13.	I feel called to do certain things.	1	2	3	4	5
14.	I meditate or pray for clarity.	1	2	3	4	5
15.	My purpose directs my life.	1	2	3	4	5
	PURPOSE – TOTAL					
16.	I am concerned with keeping my body clear of toxins.	1	2	3	4	5
17.	I make sure I eat organically-grown foods.	1	2	3	4	5
18.	I prefer to fast.	1	2	3	4	5
19.	I am drawn to cleansing or detoxification practices.	1	2	3	4	5
20.	I try to not eat too much.	1	2	3	4	5
	FOOD – TOTAL					
21.	I experience pain acutely.	1	2	3	4	5
22.	I have neurological issues.	1	2	3	4	5
23.	I am vital.	1	2	3	4	5
24.	I seek out energy healing.	1	2	3	4	5
25.	I am sensitive to my surroundings.	1	2	3	4	5
	BODY – TOTAL					
	OVERALL SPIRIT TOTAL (SUM OF ALL SECTIONS)					



SCORING OVERALL CATEGORIES

Ideally, you want your score for the seven aspects of the self to fit within the balanced range. It is common to have a mixture of low and high scores.

ROOT	
FLOW	
FIRE	
LOVE	
TRUTH	
INSIGHT	
SPIRIT	
TOTAL SCORE	



SCORING FOR THE INDIVIDUAL ASPECTS

25 to 37: Deficient

If you are deficient in one or more of the seven aspects of the self, you need more nourishment and support in these areas to bring it into balance.

38 to 62: Somewhat Deficient

If you are somewhat deficient in one or more of the seven aspects of the self, you may need more nourishment and support in these areas to bring it into balance.

63 to 87: Balanced

If you are balanced in one or more of the seven aspects of the self, you would seem to be on the right track with those areas.

88 to 112: Somewhat Excessive

If you are somewhat excessive in one or more of the seven aspects of the self, you may need to bring this area into balance by reducing the excessive attributes of those particular areas.

113 to 125: Excessive

If you are excessive in one or more of the seven aspects of the self, you need to bring this area into balance by reducing the excessive attributes of those particular areas.



SCORING FOR ALL ASPECTS COMBINED

175 to 263: Deficient

If you have an overall score that is deficient, you need more energy and activity to nourish and support you so that you can come into balance. Look to see which areas need most support and address those first.

264 to 438: Somewhat Deficient

If you have an overall score that is somewhat deficient, you may need more energy and activity to nourish and support you so that you can come into balance. Look to see which areas need most support and address those first.

439 to 613: Balanced

If you have an overall score that is balanced, you have right overall amount of energy to keep your seven aspects harmonized. Look to see if there are individual aspects that require additional support or lessening of activity.

614 to 788: Somewhat Excessive

If you have an overall score that is somewhat excessive, you may need less overactive energy so that you can come into balance. Look to see which areas need to be addressed first.

789 to 875: Excessive

If you have an overall score that is excessive, you need less overactive energy so that you can come into balance. Look to see which areas need to be addressed first.