

Core Transformation Questionnaire

Soon you will have the opportunity to do the Core Transformation Process, a gentle and powerful method for overcoming limitations and gaining greater well-being. You may already have some difficulties picked out that you would like to have transformed. If not, this questionnaire will help you focus in on some areas of your life where the Core Transformation Process can be powerfully effective.

Emotional Areas

- Do you get stuck in an unpleasant emotion or mood such as depression, anger, rage, grief, jealousy, hurt, fear, anxiety, loneliness, emptiness, intimidation?
- Do you have difficulty feeling your emotions?

Addictions/Habits

- Do you have difficulties with eating, such as overeating, bulimia, or anorexia? Do you “fight with yourself” about what to eat or how much to eat?
- Are you over-attached to smoking, drinking, sex, relationships, money, things, or something else?
- Do you have “nervous” habits or mannerisms, such as biting your fingers or fingernails, drumming the table, a “nervous laugh,” etc.?

Relationship Areas

- Does it make you feel bad to know that someone else is better at something than you are? Do you feel driven to look the best, have the best/most, be the most popular, etc?
- Is it difficult for you to ask for what you want? Do you usually go along with what others are doing, even if you don't like it?
- Do you sometimes say you agree with others, even if you don't really agree?
- Is your attention usually on pleasing others? Do you do things for others at your own expense? Are you willing to do almost anything to gain the love and approval of others?
- Do you often avoid being with people? Do you ever feel unsafe around people who are no threat to you?
- When you are with people, are you reluctant or afraid to fully “be yourself”? In intimate relationships, do you find yourself pulling back from the other person to avoid intimacy? Do you have difficulty being “present” with another person?
- Are you afraid that you will be abandoned?
- Does it seem as if you could not live without another person? Does it seem like your life would fall apart if a certain person wasn't there? Do you find yourself relying on someone else to make decisions for you?
- Is it difficult for you to trust anyone? Do you often assume that others have evil motives? Do you regard only a few people as “good people”? Do you tend to say things like “Men are jerks,” or “Women are devious”?
- Do you tend to trust people inappropriately? Do you ignore other people's limitations in ways that injure you?
- Do you try to convince yourself that someone is more mature or more evolved than they really are?
- Do you usually want to be the one in charge? Does it anger you when people do things you can't control?
- Does it upset you when someone else seems to be on a power trip?
- Is it difficult for you to keep commitments? Is it common for you to say “yes” and regret it? Do you ever say “yes” and then back out?

- Do you strive to be in the limelight? Do you feel uncomfortable when someone else is getting all the attention?
- Do you ever feel compelled to take credit for things you did not do?
- Do you get into arguments about “who’s right”? Do you cling to your position, even when it is clear to you that the other person is right? Is it difficult to admit that you made a mistake?
- Do you often think about problems in terms of whose fault they are? Do you argue about who is at fault?
- Do you think other people should take the blame and admit they caused problems for you?
- Do you tend to blame yourself for other people’s mistakes or feelings? Do you sometimes judge yourself for making mistakes? Is it difficult to forgive yourself?
- If someone does something that you don’t like, do you try to get even? Do you feel compelled to push people’s buttons? Are you often sarcastic? Do other people often take offense at things you do or say, even though you don’t know what they’re so upset about?
- Is it incredibly important that others think well of you? Are you tempted to stretch the truth or even lie, in order to maintain a positive image?
- Are you tempted to be dishonest in order to get what you want from others?

Self-Image

- Is it difficult to accept yourself unless you are “perfect”?
- Are you overly critical of your behavior when you make small mistakes?
- Do you think of yourself as better than other people and look down on others?
- Do you think of yourself as inferior to others, and look up to others?
- Are you ashamed of yourself or of your behavior?
- Would you like to improve your self-esteem?
- Do you lack a sense of who you are?

Other Categories

- Do you have a physical illness that you suspect could be related to unexpressed emotion or stress?
- Have you defined yourself as co-dependent?
- Are you abusive toward others?
- Are you or have you been a victim of physical, sexual, mental, emotional or spiritual abuse?
- Do you find yourself behaving in ways that are self-defeating?
- Are you over- or under- achieving?
- Are you preoccupied with money issues?
- Do you experience a lot of inner conflict?
- Do you have obsessive thoughts about something?