

# Chakra Blockage Questionnaire

Client Name: \_\_\_\_\_ | Date: \_\_\_\_\_

## Root Chakra (Muladhara) - Safety, Stability, Grounding

1. I feel safe and secure in my daily life.
2. I trust that I have enough money and resources.
3. I feel connected to my body and the earth.
4. I am generally calm, centered, and grounded.

Total: \_\_\_\_\_ / 20

## Sacral Chakra (Svadhithana) - Emotions, Creativity, Pleasure

1. I allow myself to feel and express emotions freely.
2. I enjoy creative activities and experiences.
3. I feel comfortable with intimacy and sexuality.
4. I experience joy and pleasure regularly.

Total: \_\_\_\_\_ / 20

## Solar Plexus Chakra (Manipura) - Confidence, Willpower

1. I feel confident in my abilities and decisions.
2. I take responsibility for my life and actions.
3. I have strong motivation and willpower.
4. I can set and maintain healthy boundaries.

Total: \_\_\_\_\_ / 20

## Heart Chakra (Anahata) - Love, Compassion, Connection

1. I give and receive love easily.
2. I feel compassion for myself and others.
3. I forgive myself and others with ease.

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4. I feel connected to those around me.

Total: \_\_\_\_\_ / 20

### Throat Chakra (Vishuddha) - Communication, Truth

1. I express myself clearly and honestly.

2. I listen actively and openly to others.

3. I speak my truth with confidence.

4. I feel heard and understood.

Total: \_\_\_\_\_ / 20

### Third Eye Chakra (Ajna) - Intuition, Clarity, Vision

1. I trust my intuition and inner guidance.

2. I have a clear vision for my life.

3. I seek truth and insight beyond appearances.

4. I reflect on my thoughts and behavior regularly.

Total: \_\_\_\_\_ / 20

### Crown Chakra (Sahasrara) - Spirituality, Awareness, Unity

1. I feel a sense of connection to a higher power.

2. I trust in the flow of life.

3. I feel spiritually fulfilled or open to growth.

4. I take time for stillness, prayer, or meditation.

Total: \_\_\_\_\_ / 20