

# 15 HUMAN CONDITIONS LIST

## *WHAT IS REALLY CAUSING YOUR PROBLEMS?*

CLIENT INSTRUCTIONS: Circle the number which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page.

| LESS<br>TRUE | MORE<br>TRUE | STATEMENT  |
|--------------|--------------|--|
| 1 2 3 4 5    |              | I have not really made the authentic choice to be fully alive for the rest of my life. |
| 1 2 3 4 5    |              | I need to be right.  |
| 1 2 3 4 5    |              | I have unresolved matters and issues.  |
| 1 2 3 4 5    |              | My personal values are not clear or are not fully expressed.                           |
| 1 2 3 4 5    |              | I am addicted or attached to substances, people or behaviors.                          |
| 1 2 3 4 5    |              | I am currently Living a Lie.   |
| 1 2 3 4 5    |              | I really don't have anything better to do than what I am doing now.                    |
| 1 2 3 4 5    |              | I am not really engaged in the Game of Life.   |
| 1 2 3 4 5    |              | I have financial problems or major concerns.   |
| 1 2 3 4 5    |              | I am missing key, empowering relationships in my life.                                 |
| 1 2 3 4 5    |              | My needs are not being met.  |
| 1 2 3 4 5    |              | My life is primarily about me.   |
| 1 2 3 4 5    |              | I don't really understand how life works so well for certain other people.             |
| 1 2 3 4 5    |              | I have not experienced very much in life yet.  |
| 1 2 3 4 5    |              | I am under a lot of stress.  |
| _____        |              | <b>TOTAL SCORE (add up all numbers)</b>  |

### SCORING KEY

- 61 - 75 Now you know why life is such a struggle!
- 41 - 60 You've started to live, but have a lot to learn about yourself and how life works effortlessly.
- 26 - 40 You're on your way - keep going! You'll get there.
- 15 - 25 Congratulations, you have what it takes to be extraordinary, now.