



Soul Seekers Assessment

Soul Seekers Assessment Tool

Put a check next to those traits that define you. Add up your marks and see the scoring below.

1. My relationships often involve people who need my help or are somehow dependent on me.
2. When I can't help someone, I feel guilty and responsible for their upset feelings.
3. In the last year, significant others have resorted to arguing, begging, or raising their voice to get me to stop trying to help them.
4. I spend a lot of time thinking through or projecting outcomes, trying to figure out what I can do to get the outcome I want.
5. It's difficult for me to receive praise or thanks from others.
6. I don't like to let myself get angry. When I do, I often lose control and feel ashamed.
7. It's difficult for me to say no and to ask for things that I need at home, at work, or with friends.
8. I often overcommit my time and measure my self-esteem by how much someone depends on me.
9. It's hard for me to have fun or relax; if I'm not productive, I feel worthless.
10. It's difficult to believe that someone could truly love me.
11. I'm afraid of being hurt or abandoned if I allow myself to be loved.
12. I find it easy to criticize and blame others, although I don't like to admit it.
13. I seem to justify or make excuses for others' actions when they have hurt me.
14. When I know a relationship is about to end, I will stay in it until I can begin another relationship.
15. It's easy to make me feel guilty because I take responsibility for others and blame myself for their upset.
16. I'm not sure what normal is.
17. I often take a stand in a relationship and then go back on what I said if it causes tension.
18. I'm not aware of what I want. I ask others what they want.
19. I tend to be sick a lot. I can't seem to fight off infection, but it doesn't stop me.
20. There never seems to be enough time to do things I enjoy.

If you answered yes to more than 6 questions, you have lost yourself in relationships with others. You're known to be helpful, self-sacrificing, hardworking, trustworthy, and self-sufficient. What turns these strengths into losing your soul is when you "need to be needed" to believe you have any value. You don't know who you are or what you believe and want.

There's hope! Take time to explore your individuality more fully, and courageously make changes for a healthier, more satisfying life. Order your Reclaiming Your Lost Soul Workbook on Amazon or through the website Spiritofhopec.com.

The Journey of Recovery A New Testament

