



## Sacral Chakra Self-Assessment Questionnaire

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<input type="checkbox"/>	Do you have difficulty with your sexuality?
<input type="checkbox"/>	Do you have difficulty being touched or nurtured?
<input type="checkbox"/>	Do you have difficulty nurturing others?
<input type="checkbox"/>	Do you have difficulty being flexible and fluid, physically, or emotionally?
<input type="checkbox"/>	Do you see yourself as a sensual being and enjoy this aspect of yourself?
<input type="checkbox"/>	Do you have close relationship with others?
<input type="checkbox"/>	Do you have difficulty with intimacy?
<input type="checkbox"/>	Are your relationships in balance and harmony both with yourself and others?
<input type="checkbox"/>	Are you able to express your feelings in a healthy manner?
<input type="checkbox"/>	Is your stamina or vitality low?
<input type="checkbox"/>	Do you have problems with your bladder, kidneys or urinary tract?
<input type="checkbox"/>	Do you have mobility problems or stiff legs?
<input type="checkbox"/>	Do you have gynecological problems?
<input type="checkbox"/>	Do you have fluid retention?
<input type="checkbox"/>	Do you suffer from lower back pain?

If you answered "yes" to most of the above questions then you may have some imbalance or blockage of your sacral chakra.