

Do ANY of these apply to your present feelings?

(Check the items that apply to you in all of the groups below)

The "O" Group

- Your life seems incomplete.
- You feel shy with all but your closest friends.
- You have feelings of insecurity.
- You often feel unequal to others.
- When things go right you sometimes feel undeserving.
- You feel something is missing in your life.
- You occasionally feel a low self worth or self-esteem.
- You feel inadequate as a person.
- You frequently feel fearful when there is nothing to fear.

The "G" Group

- You often feel anxious for no reason
- You sometimes feel "free floating" anxiety.
- You frequently feel "edgy", and it is difficult to "sit still".
- You often feel a "knot" in your stomach.
- Falling asleep is sometimes difficult.
- It is hard to "turn your mind off" when you want to relax.
- You occasionally experience feelings of panic for no reason.
- You often use alcohol or other sedatives to calm down.
- Troubles staying focused, day dream frequently, and/or forgetful.

The "D" Group

- You lack pleasure in life.
- You feel there are no real rewards in life.
- You have unexplained lack of concern for others, even loved ones.
- You experience decreased parental feelings.
- Life seems less "colorful" or "flavorful".
- Things that used to be "fun" are no longer.
- You have become a less spiritual or socially concerned person.

The "N" Group

- You suffer from a lack of energy.
- You often find it difficult to "get going".
- You suffer from decreased drive.
- You often start projects and then don't finish them.
- You frequently feel a need to sleep or become reclusive.
- You feel depressed a good deal of the time.
- You occasionally feel paranoid.
- Your survival seems threatened.
- You are bored a great deal of the time.

The "S" GROUP

- You can't stay asleep.
- It is hard to fall asleep.
- You often find yourself irritable.
- You crave sugar or starchy foods.
- Your emotions often lack rationality.
- You occasionally experience unexplained tears or you're extremely emotional.
- Noise bothers you more than it used to...it seems louder.
- You "flare up" at others more easily than you used to.
- You experience unprovoked anger.
- You feel depressed much of the time.
- You feel you are more susceptible to pain, low pain threshold.
- You prefer to be left alone.