

Life Experience Questionnaire

This questionnaire has been developed to help you identify aspects of your life experience that you may wish to explore further.

Print this document and tick the box next to each question that feels relevant to you.

Allow your intuition to guide you by choosing the first response that occurs to you for each question.

YOURSELF

- Do you find yourself paying excessive attention to your looks, body, etc?
- Though you may not show it, do you feel a sense of low self-esteem or self-worth?
- Do you worry about your physical health?
- Have you compromised or sold yourself short in your sexuality in some way?
- Do you sometimes feel like you're just going through the motions in life and it's all a bit pointless?

PARENTS

- Is/was your relationship with your parent(s) very stressful?
- Do you find it has become difficult to hug your parent(s)?
- Is it - or has it been - uncomfortable to ask for support from your parents?
- Do your parents worry excessively about you and interfere with what you do?
- Do you feel that you have been treated unfairly by your parents?

RELATIONSHIPS

- Do you find yourself becoming more distant from your partner?
- Do you find it difficult to make time to communicate your needs to your partner?
- Do you sometimes question whether you have fallen out of love with your partner?
- Do you feel unable to speak to your partner openly about your sexuality?
- Are there times when you or your partner feel a victim to the other?

CHILDREN

Do you feel guilty about not spending enough time with your children?

On balance, do children - yours or other's - push you beyond your limits?

Do you find yourself worrying excessively about your children's safety and well-being?

Are you pre-occupied with your children at the expense of yourself?

Do you have any sense of putting too much pressure, or not enough, on your children to achieve?

WORK

Have you lost a sense of passion and enthusiasm for your work?

Do you doubt whether you are doing what you really want to do?

Are you dissatisfied with the remuneration you receive for your work?

Do you bully others at work or feel pushed around yourself?

Is there a mismatch between what you want and what your employer wants?

SOCIAL SITUATIONS

Do you feel left out when you get together with friends?

Do you play out a role of bravado and being extrovert to get your friends attention?

Do you get frightened and/or irritated by strangers in some way?

Does fear stop you doing things you want to do in social situations?

Is your life consumed by a pursuit of new friends and new relationships?

Now take some time to review your responses.

Has this process confirmed what you already knew or were there any surprises for you?

Is there any area that predominates?

Did you notice any resistance or annoyance towards particular sections or questions?

Would you like to explore some of these issues in a safe and confidential environment?

The Turning Point course offers an opportunity to take a closer look at the way in which we experience our life and our self.