

This questionnaire is for your own self awareness. There is no pass or fail on the journey of healing, only lessons learned and lessons to be learned.

The questionnaire is divided into 8 thematic sections. Each question is rated on a simple points scale: 1-5 points per question

**1=Never 2=Hardly 3=Sometimes 4=Usually 5=Always**

Have your calculator available. Write or type the points from above based on your answer.

### **Contact with the Present Moment & Body**

1. I can notice my bodily sensations (tension, arousal, warmth, numbness) without immediately trying to change them.
2. When strong emotions arise, I can stay present with them instead of distracting or shutting down.
3. I feel comfortable making direct eye contact and staying emotionally connected during intimate or vulnerable moments.
4. I experience sexual energy as a whole-body phenomenon, not just localized in genitals.
5. I can breathe deeply and slowly even when I feel triggered or turned on.

### **Relationship to Inner Parts & the Shadow**

6. I can identify different “parts” of me (the critic, the child, the protector, the sexual exile, etc.) when they show up.
7. I feel curiosity instead of judgment toward parts of myself that feel shameful, perverse, or “too much.”
8. I have met and begun building a relationship with my inner child or wounded parts.
9. When a part of me feels intense desire, rage, or fear, I can access a calm, compassionate “Self” energy to witness it.
10. I have consciously explored fantasies or behaviors I once considered “dark” or forbidden and integrated what they teach me.

### **Anima / Animus & Inner Polarity**

11. I feel comfortable embodying both masculine and feminine energies regardless of my gender.

12. I can hold strong presence/directive energy without becoming harsh or controlling.
13. I can surrender and receive without collapsing, people-pleasing, or losing boundaries.
14. In sexual or power-exchange scenarios, I can fluidly switch between leading and following.
15. I notice attraction or repulsion toward certain people as projections of disowned parts of myself.

### **Conscious Relating & Imago Work**

16. I can express a frustration to a partner using “I feel... when... I need...” without blaming.
17. I am able to mirror my partner accurately even when I disagree or feel triggered.
18. I see recurring conflicts in relationships as opportunities to heal childhood wounds.
19. I can ask for what I truly want sexually or emotionally without guilt or apology.
20. When my partner triggers me, I can usually pause and ask, “What old story is this activating?”

### **Consent, Boundaries & Power Dynamics**

21. I know how to check in with my own body and parts before saying “yes” or “no” to something intense.
22. I can negotiate scenes, limits, and aftercare with clarity and confidence.
23. I have explored giving or receiving power deliberately (D/s, bondage, impact, sensation play, etc.) as a conscious growth tool.
24. When I feel submissive or dominant, I can still access Self energy and keep adult awareness online.
25. I have renegotiated or healed at least one past boundary violation (with self or others).

### **Sexual Healing & Energy**

26. I can experience orgasmic energy without needing to ejaculate or “finish” (or I’m actively working on it).
27. I have faced and moved through shame around specific turn-ons or kinks.

28. I can stay fully present with a partner during sex instead of performing or checking out.

29. I have used breath, sound, and movement to transmute sexual energy into healing or spiritual states.

30. My sexuality feels increasingly like an expression of my authentic Self rather than a role or compulsion.

### **Individuation & Life Purpose**

31. I have a regular practice (journaling, active imagination, therapy, ritual) for meeting unconscious material.

32. I experience meaningful coincidences (synchronicities) and pay attention to them.

33. I feel called toward a larger purpose or creative expression beyond ego gratification.

34. I am less controlled by the opinions of others than I was 2–3 years ago.

35. I can hold paradox: I am both wounded and whole, kinky and sacred, human and divine.

### **Integration & Wholeness**

36. Triggers have become teachers rather than threats.

37. I feel more capacity to hold intense pleasure and intense pain without shutting down.

38. My intimate relationships are increasingly conscious, growth-oriented, and hot.

39. I experience moments of genuine Self-to-Self connection (with self, partner, or the divine).

40. Overall, I feel I am moving toward greater wholeness rather than just symptom relief.

Scoring & Reflection (optional)

**Add up your score:** \_\_\_\_\_

★ 160–200 → You are deep in the individuation / Self-led stage; sexuality and relating are becoming sacred technologies.

★ 120–159 → Solid integration phase; many parts are unburdened, your conscious practice is accelerating growth.

★ 80–119 → Active healing; you've met some shadows and parts, now deepening embodiment and relating.

★ Below 80 → Early-to-mid journey; lots of protective parts still running the show—beautiful place to be.

#### How to Use This

- Take it every 6–12 months to track progress.
- Use low-scoring questions as journal prompts or discussion topics with a therapist, conscious partner, or in your next session with me.
- Celebrate every point—there is no “behind.”

For info on working with me [casaundrahope.com](https://casaundrahope.com)