

Questions for Chakra Analysis

Root Chakra (Muladhara) – Safety • Stability • Belonging

1. Do I feel safe and secure in my daily life?
 2. Do I trust that my basic needs will be met?
 3. Do I feel grounded and connected to the Earth?
 4. Do I feel I belong in the place and community I live?
 5. Do I feel at home in my own body?
 6. Am I able to slow down and rest when needed?
 7. Do I handle change with steadiness and trust?
 8. Do I feel stable in my finances and resources?
 9. Am I connected to my family roots and ancestry in a healthy way?
 10. Do I experience life with a sense of presence and grounding?
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Sacral Chakra (Svadhithana) – Emotions • Creativity • Pleasure

1. Am I comfortable expressing my emotions openly?
2. Do I allow myself to feel joy, pleasure, and playfulness?
3. Do I feel free from guilt or shame around desire and intimacy?
4. Do I feel creative and inspired in my life?
5. Do I experience healthy, respectful relationships?
6. Do I feel in touch with the natural flow of my emotions?
7. Do I allow myself to receive as well as give?

8. Do I embrace my sensuality and body without judgment?
 9. Do I feel emotionally flexible and able to adapt to change?
 10. Do I honor and nurture my inner child?
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Solar Plexus (Manipura) – Confidence • Power • Willpower

1. Do I feel confident in who I am?
 2. Do I take action on my goals and dreams with courage?
 3. Do I respect my personal boundaries and those of others?
 4. Do I feel strong and capable when facing challenges?
 5. Do I trust my inner strength and wisdom?
 6. Do I speak and act with self-assurance?
 7. Do I allow myself to shine without fear of judgment?
 8. Do I use my personal power responsibly and ethically?
 9. Do I celebrate my achievements without needing approval?
 10. Do I trust my ability to make decisions clearly?
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Heart Chakra (Anahata) – Love • Compassion • Connection

1. Am I open to giving love without fear of rejection?
2. Am I open to receiving love without resistance?
3. Do I forgive myself and others with compassion?
4. Do I live from a place of love rather than fear?
5. Do I feel empathy and compassion for others?
6. Do I feel connected to people, nature, and life itself?

7. Do I balance caring for others with caring for myself?
 8. Do I allow myself to feel joy and gratitude daily?
 9. Do I hold healthy boundaries in relationships while staying open-hearted?
 10. Do I feel love as a guiding force in my life?
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Throat Chakra (Vishuddha) – Communication • Truth • Expression

1. Do I express myself clearly and honestly?
 2. Do I feel my voice matters and deserves to be heard?
 3. Do I communicate with kindness and respect?
 4. Do I listen deeply to others without judgment?
 5. Do I speak my truth even when it feels difficult?
 6. Do I feel comfortable expressing my creativity and ideas?
 7. Do I feel free from fear of criticism or rejection when I speak?
 8. Do I practice silence and mindful listening when needed?
 9. Do I express myself in ways beyond words (art, music, movement)?
 10. Do I align my words with my actions and values?
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Third Eye Chakra (Ajna) – Intuition • Insight • Clarity

1. Do I trust my intuition and inner guidance?
2. Am I open to seeing beyond illusions and surface appearances?
3. Do I take time for reflection, stillness, and inner listening?
4. Do I have clarity about my life's direction and purpose?
5. Do I notice patterns and synchronicities in my experiences?

6. Do I balance logic with intuition in decision-making?
 7. Do I question limiting beliefs and see broader perspectives?
 8. Do I allow imagination and vision to inspire my life?
 9. Do I seek wisdom beyond just intellectual knowledge?
 10. Do I feel connected to an inner sense of truth?
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Crown Chakra (Sahasrara) – Spirituality • Unity • Higher Consciousness

1. Do I feel connected to Spirit, Source, or a higher consciousness?
2. Do I experience moments of peace and stillness within?
3. Am I open to wisdom beyond the material world?
4. Do I feel a sense of trust in life's unfolding?
5. Do I sense unity and interconnectedness with all beings?
6. Do I honor silence, prayer, or meditation as part of my life?
7. Do I live with a sense of purpose guided by spirit?
8. Do I experience awe, wonder, or transcendence in life?
9. Do I see challenges as part of my spiritual growth?
10. Do I feel aligned with my soul's journey and higher truth?