

# The Embodied Intelligence Short Self-Assessment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:** How frequently are the following statements true about you? Score each item 1-5, then add up each cluster of responses in its circle. Notice the overall patterns of balance and imbalance.

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- I put more effort into reaching my goals than many people I know. \_\_\_
- When things aren't going as I want, I get frustrated and push harder. \_\_\_
- I am competitive and work hard to be better than others. \_\_\_
- People who know me say I can be opinionated and argumentative. \_\_\_

Excessive Self-Focused Acting:  
**Over-assertive Insistence**

- I have a lot of willpower. \_\_\_
- I feel comfortable and confident making decisions. \_\_\_
- I effectively pursue my dreams and accomplish the goals I set. \_\_\_
- I assertively and successfully do things that improve my quality of life. \_\_\_

Balanced Self-Focused Acting:  
**Empowered Self-Efficacy**

- It's difficult for me to stand my own ground when others disagree with me. \_\_\_
- I have trouble making up my own mind about things. \_\_\_
- It's difficult for me to assertively pursue my own ambitions. \_\_\_
- I lack confidence in my owning and using my natural strengths. \_\_\_

Insufficient Self-Focused Acting:  
**Disempowered Self-Doubting**

SELF-ISOLATION

(-) Self-focused

INTROJECTION

REPRESSING

Insufficient Other-Focused Acting:  
**Disengaged Non-Participation**

PROJECTION

(+) Other-focused

CODEPENDENCY

Insufficient Other-Focused Sensing:  
**Avoidant Interpersonal-Distancing**

NUMBING

Insufficient Self-Focused Sensing:  
**Dissociative Self-Numbing**

- I get stuck in my mind and feel out of touch with my body. \_\_\_
- I am disconnected from my own feelings. \_\_\_
- It feels unsafe or 'not OK' for me to let myself feel how I'm really feeling. \_\_\_
- I have difficulty knowing exactly what I'm feeling in the moment. \_\_\_

Balanced Self-Focused Sensing:  
**Appreciative Inner-Experience**

- I feel relaxed and grounded in my own body. \_\_\_
- When I get upset, I use healthy ways to quickly help myself feel better again. \_\_\_
- I feel in good mood and appreciate the present moment I'm in. \_\_\_
- When I experience negative feelings, I am kind and supportive towards myself. \_\_\_

Excessive Self-Focused Sensing:  
**Dysregulated Emotional-Overwhelm**

- I get overwhelmed by my own feelings. \_\_\_
- When get into a negative mood, my thoughts about it make it worse. \_\_\_
- My feelings and emotions become intense and difficult for me to manage. \_\_\_
- When I get triggered, it takes me at least an hour or more to feel calm again. \_\_\_

FLOODING

Balanced Other-Focused Sensing:  
**Reciprocal Connection**

- I feel deeply satisfied with the relationships I have. \_\_\_
- I find it relatively easy to get close with others. \_\_\_
- I feel the people I meet are essentially honest and well-intentioned. \_\_\_
- I'm comfortable sharing my personal thoughts and feelings with people. \_\_\_

Excessive Other-Focused Sensing:  
**Anxious Over-attachment**

- I worry about what other people might be thinking or saying about me. \_\_\_
- When I'm in a romantic relationship, I fear they will leave me. \_\_\_
- I worry people don't care about me as much as I care about them. \_\_\_
- I get easily affected by other people's moods. \_\_\_

**Item Scoring:**

1. Almost Never - PUSHING
2. Rarely
3. Sometimes
4. Frequently
5. Almost Always

**Response Totals:**

- 4-10: Low
- 11-14: Medium
- 15-20: High

- \_\_\_ I work hard to fulfill the needs of others, at the expense of my own well-being.
- \_\_\_ When I'm not actively helping people, I feel bad about myself.
- \_\_\_ I have a strong need for people to tell me I am good or attractive.
- \_\_\_ I am quite kind and generous with people, even when I don't feel like it.

Excessive Other-Focused Acting:  
**Pseudo-Altruistic Overcompensation**

- \_\_\_ I happily engage in activities with others.
- \_\_\_ I work and collaborate well with others in projects.
- \_\_\_ When someone needs help, I readily make myself available.
- \_\_\_ I engage in social or work interactions that are mutually beneficial and positive.

Balanced Other-Focused Acting:  
**Meaningful Contribution**

- \_\_\_ I avoid interacting with others, even when it would be good for me to do so.
- \_\_\_ I hold back in social situations to avoid saying or doing something wrong.
- \_\_\_ Something prevents me from sharing my gifts and contributing my full value.
- \_\_\_ I refrain from offering help or input because I don't believe it will be appreciated.

# The Embodied Intelligence Overview Chart

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:** Copy your total scores over from the self-assessment, if you've already taken it, and circle the highest number in each quadrant. NOT ALL of the adjectives used to describe a specific category will be equally relevant to you—underline the ones that most are. If you find 2-3 of a category's qualities relevant with any regularity, then that form of embodiment is likely one of your current patterns of conditioned response in some way.

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