



## 15 Human Conditions List

What is **really** causing your problems?

Client Instructions: Circle the number which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page.

<u>Less True / More True</u>	<u>Statement</u>
1 2 3 4 5	I have not really made the authentic choice to be fully alive for the rest of my life.
1 2 3 4 5	I need to be right.
1 2 3 4 5	I have unresolved matters and issues.
1 2 3 4 5	My personal values are not clear or are not fully expressed.
1 2 3 4 5	I am addicted or attached to substances, people or behaviors.
1 2 3 4 5	I am currently living a lie.
1 2 3 4 5	I really don't have anything better to do than what I am doing now.
1 2 3 4 5	I am not really engaged in the Game of Life.
1 2 3 4 5	I have financial problems or major concerns.
1 2 3 4 5	I am missing key, empowering relationships in my life.
1 2 3 4 5	My needs are not being met.
1 2 3 4 5	My life is primarily about me.
1 2 3 4 5	I don't really understand how life works so well for certain other people.
1 2 3 4 5	I have not experienced very much in life.
1 2 3 4 5	I am under a lot of stress.
-----	TOTAL SCORE (add up all numbers)

### SCORING KEY:

- 61-75 Now you know why life is such a struggle!
- 41-60 You've started to live, but have a lot to learn about yourself and how life works effortlessly.
- 26-40 You're on your way – keep going! You'll get there.
- 15-25 Congratulations, you have what it takes to be extraordinary, now.

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