

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

PROJECTION

(+) Other-focused

CODEPENDENCY

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. ___

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.

Insufficient Other-Focused Acting:
Disengaged Non-Participation

REPRESSING

NUMBING

(-) Sensing

Insufficient Other-Focused Sensing:
Avoidant Interpersonal-Distancing

- ___ I have critical or negative thoughts about the people I interact with.
- ___ I get uncomfortable when people want to get emotionally close to me.
- ___ It's difficult for me to open up to someone about how I'm feeling.
- ___ I prioritize my independence and personal interests over my relationships.

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.

FLOODING

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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