

Life Lessons Questionnaire

Subject's Name: _____

Date: _____

Gender: M / F

Age: _____

If you are answering these questions regarding someone else, please enter your

Name: _____

Relationship to the subject: _____

Instructions: Take this Life Lesson test yourself and give it to someone who knows you well or for a long time. Ask them to fill it in about you, being objective and honest in their answers. When you receive the questionnaire back from them, DO NOT question them on their answers, but simply take the totals from their questionnaire and add them to yours. This should give you a good idea of the two highest ranking primary life lessons you may be working on in this lifetime. For even better results, give the test to two or more people, and add the scores to your own.

To the person answering these questions for someone else: As humans, we cannot generally see ourselves, except through the eyes of those who act as our mirrors. Therefore, we usually have a blind spot when it comes to our own life lessons. Most of us will see ourselves in every life lesson as we read the descriptions, yet when we get an outside view, our life patterns may become clear. Armed with that knowledge, we can then begin effective change and intentionally create a life of our own design. This is why you have been asked to complete this survey. It will be most helpful to answer these questions as an honest mirror, without regard to feelings or beliefs. Honest, rather than kind, answers will be most helpful. Keep in mind that there are no right or wrong answers, and no life lessons are better than others.

General Instructions: Read the questionnaire over completely before starting. In life, it is easier to identify negative situations than positive ones; therefore, most of the following questions ask you about negative attributes. Please know that all negative attributes also have positive counterparts. Spiritual Psychology is looking for major patterns in the subject's life, even if these patterns have changed. The level of mastery of each life lesson will indicate whether these attributes are past or present in the subject's life. Therefore, past and present tenses are always interchangeable. EXAMPLE: "Do they" vs. "Did they," "Have/Had/ Has," "Is/Was," etc. Once you have read them, respond to each question by placing a score from 0 - 9 in the corresponding space. The highest two totals of the combined surveys will generally indicate the primary and secondary life lessons of the subject. You can download a full size, printable version of this questionnaire from my website: <http://www.dannysearle.com/Books/Downloads>

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question A	Score
There is a history of being unlucky in love	
Loses self in relationships, trying too hard, at times ignoring the obvious	
Has a huge heart and an abundance of love to give	
Often remains friends with the other person when a love relationship breaks up	
Thinks that most of his/her challenges in life are related to love relationships	
TOTAL for A:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question B	Score
Is a collector of information, seeking outside validation of what they know inside	
Has an inner guidance system that often tells him/her when something does not match the truth they carry inside, rather than one that tells him/her when it does match	
Has or did have major beliefs that he/she is unworthy or less than others	
Though he/she often denies it, is a natural teacher and others want their knowledge	
Has or did have life events that give them special opportunities to stand in their own truth, even though that stance may be against popular belief	
TOTAL for B:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question C	Score
Has/had a magic touch of creation, yet has difficulty paying the rent	
Has/had created through others, e.g., wife behind the successful man, friends, etc.	
Is/was perfectionist (especially if as children in the 4 - 12 year range)	
Is a very bright personality and very well-liked by almost everyone	
Has enhanced gifts of creation, being able to create art, music, words, sports or just the ability to create life situations out of nothing, yet cannot see his/her own creations	
TOTAL for C:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question D	Score
Has or did have addictions or compulsions	
Feels or once felt incomplete, looking for something to add to him/herself	
Is an overachiever	
His/her actions indicate a need to add something outside of themselves to be whole	
Is/was a searcher, looking for the one thing that will make his/her life perfect	
TOTAL for D:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question E	Score
Has/had difficulty gaining a sense of self worth	
Has had major event(s) that had a devastating influence on the circumstances of his/her life	
Has (had) major difficulty accepting money, love, compliments from others	
Has had more than normal opportunities to be a victim, and may even be accustomed to it	
Outwardly expresses doubt about own abilities	
TOTAL for E:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question F	Score
Seeks knowledge from the highest perspective, wanting to know more about the universal applications of something rather than its global, national, local or personal applications	
Walks in full harmony with nature. The grass grows better after they walk on it	
Is (or seeks to be) one with all things everywhere and acts accordingly, even to the point of alienating others	
Gets bored with other people dealing with normal life lessons and situations	
Tries to teach but is too far ahead of his/her students and is often misunderstood	
TOTAL for F:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question G	Score
Has had more than normal opportunities to learning to adapt or go with the flow	
Has (had) difficulties adjusting to changes	
Has (had) unusual events or circumstances that push him/ her into major change	
Feels (felt) comfortable keeping things the way they are at all costs avoiding change	
Runs (ran) his/her life by rules or systems, including beliefs fitting everything into boxes	
TOTAL for G:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question H	Score
Has a history of abandonment, even due to a death, or to emotional withdrawal	
Attracts people into his/her life who blindside him/her	
Thinks everyone else can do things he/she cannot	
Blames negative life events on some outside uncontrollable circumstance	
Rarely takes risks concerning own abilities to create	
TOTAL for H:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question I	Score
Thinks of everyone else before thinking of him/herself	
Has (had) a pattern of attracting master manipulators into his/her life	
The most difficult word for him/her to say is "NO"	
Picks up others' feelings, emotions, thoughts etc., and takes them as his/her own	
Often has difficulty in busy crowded places where there is a lot of mixed energy	
TOTAL for I:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question J	Score
Has difficulty relating to others or being understood	
Either: (a) is a recluse because no one ever understands him/ her, or: (b) overcompensates by coming on too strong	
Complains that others often misunderstand him/her or take him/her wrong	
Has/had more difficulty in all types of relationships than most people	
Other people perceive him/her as self-centred	
TOTAL for J:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question K	Score
Tells other people what he/she thinks rather than what he/ she feels	
Has/had a tendency to hide his/her head in the sand until emotional events blow over, pretending they he/she is not involved	
RARELY tells other people he/she loves them, even when he/she does	
Is especially good at communications in other areas, e.g., at work	
In emotional confrontations, usually makes it the other person's fault	
TOTAL for K:	

Strongly Disagree 0-1 | Somewhat Disagree 2-3 | Neutral 4-5 | Somewhat Agree 6-7 | Strongly Agree 8-9

Question L	Score
Believes his/her own lies or rationales	
Often says what others want to hear rather than what he/ she truly believes	
Easily rationalizes all of his/her actions, no matter the consequences	
Tries to think out what he/she feels	
Has the potential for being successful in public view	
TOTAL for L:	

Score Card

Scoring: Use the two highest scores.

Question	Life Lesson	Score
A	#09 LOVE: Love of Self	
B	#11 TRUTH: Responsibility	
C	#06 CREATION: Expressing Self-Power	
D	#03 BE-ING: Wholeness	
E	#01 ACCEPTANCE: Self-Esteem, Self-Acceptance...	
F	#12 GRACE: Walking in Harmony with All Things	
G	#02 ADAPTATION: Change	
H	#10 TRUST: Trusting Self	
I	#07 DEFINITION: Expressing Individuality through Boundaries	
J	#04 CHARITY: Harmony	
K	#05 COMMUNICATION: From the Heart	
L	#08 INTEGRITY: Walking in Harmony with Self	

(Notes: 1. Trust and Truth are often cross diagnosed. 2. It is extremely rare that someone would have Grace as a life lesson.) I hope this process has led you to another view of yourself and your experience as that of a Spirit living a human life.