



A SELF-ASSESSMENT

# Which Chakra Is *Holding You Back?*

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Discover your primary energy block – and what to do about it today.

THE CONSCIOUS CURRENT

The Awakened Stoic · [theconsciouscurrent.org](http://theconsciouscurrent.org)

# How to Use This Guide

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Read through each chakra section and place a checkmark next to every statement that feels true for you right now, or has been consistently true over the past few months. Be honest. This is for you, not for anyone else.

At the end of each section, count your checkmarks and write the number in the box provided.

The chakra with the highest number is your primary energy block. That is where your work begins.

*There are no wrong answers. There is only clarity.*

# Root Chakra

*Muladhara*

Color: Red | Location: Base of spine | Element: Earth

Governs: Safety, survival, stability, belonging, the physical body

**CHECK EVERY STATEMENT THAT IS TRUE FOR YOU**

- I often feel anxious without being able to pinpoint exactly why
- Financial worry follows me even when my situation is objectively stable
- I frequently feel like I do not fully belong anywhere – in relationships, in rooms, in life
- I have difficulty feeling present in my body or in the current moment
- I grew up in an environment that felt unpredictable or unsafe
- I struggle to complete things I start
- I often feel like the ground beneath me is uncertain, even when nothing specific is wrong
- My sleep is restless and my mind races at night
- I find it difficult to trust that my basic needs will continue to be met
- I feel exhausted in ways that rest does not fully fix

ROOT CHAKRA SCORE      / 10

# Sacral Chakra

*Svadhithana*

Color: Orange | Location: Below the navel | Element: Water

Governs: Creativity, pleasure, emotion, desire, the flow of life

**CHECK EVERY STATEMENT THAT IS TRUE FOR YOU**

- I struggle with creative blocks or feel like my creativity has dried up
- I oscillate between feeling too much and feeling completely numb
- Pleasure feels either excessive or inaccessible to me – rarely balanced
- I have difficulty with intimacy or allowing people to get genuinely close
- I feel guilty when I enjoy myself or slow down
- My relationship with my own body and its needs feels complicated
- I find it hard to go with the flow – I either control everything or check out entirely
- I feel creatively uninspired or disconnected from what excites me
- I suppress or dismiss my emotions because they feel inconvenient or unsafe
- I struggle to let things go once they have upset me

SACRAL CHAKRA SCORE      / 10

CHAKRA THREE

# Solar Plexus Chakra

## Manipura

Color: Yellow / Gold | Location: Stomach, above the navel | Element: Fire

Governs: Personal power, will, confidence, self-worth, inner authority

CHECK EVERY STATEMENT THAT IS TRUE FOR YOU

- I look to others for permission or validation before I trust my own decisions
- I shrink myself in certain rooms or around certain people
- I struggle with procrastination or difficulty taking action on things that matter to me
- I feel invisible in my own life even when I am doing everything right
- Criticism from others destabilizes me more than I would like
- I say yes when I mean no more often than I am proud of
- I feel like I am always performing confidence rather than actually feeling it
- I have difficulty standing up for myself in the moment – I think of what I should have said later
- My sense of worth feels tied to how productive or useful I am to others
- I feel powerless over patterns in my life that I understand intellectually but cannot seem to change

SOLAR PLEXUS SCORE      / 10

CHAKRA FOUR

# Heart Chakra

*Anahata*

Color: Green | Location: Center of chest | Element: Air

Governs: Love, connection, grief, compassion, self-acceptance, giving and receiving

**CHECK EVERY STATEMENT THAT IS TRUE FOR YOU**

- I find it easier to give love than to receive it
- I have difficulty fully trusting people even when they have given me no reason not to
- Past hurt has made me guard myself in ways I know are closing me off
- I feel a wall between myself and genuine connection, even with people I care about
- I am harder on myself than I would ever be on anyone else
- I confuse loving someone with losing myself in the process
- I am still carrying grief or resentment that I have not fully processed
- Vulnerability feels threatening even when I intellectually know it is necessary
- I function well on the surface but feel disconnected from my own emotional interior
- I find it difficult to forgive – either others or myself

HEART CHAKRA SCORE      / 10

# Throat Chakra

*Vishuddha*

Color: Blue | Location: Throat | Element: Ether / Sound

Governs: Expression, truth, authentic communication, being heard

## CHECK EVERY STATEMENT THAT IS TRUE FOR YOU

- I swallow what I really want to say more often than I speak it
- I over-explain, hedge, or soften my words so people will not be upset
- I say yes when I mean no because the conflict of saying no feels too costly
- I feel like the real version of what I think and feel rarely makes it out into the world
- I feel unseen or unheard in my relationships even when I am communicating
- I rehearse conversations in my head repeatedly before having them
- I feel a physical tightening in my throat when I am about to say something that matters
- I have things I have been meaning to say – to specific people – that remain unsaid
- I hold back my opinions in group settings even when I know I have something valuable to offer
- I struggle to ask for what I need directly

THROAT CHAKRA SCORE      / 10

# Third Eye Chakra

*Ajna*

Color: Indigo | Location: Center of forehead | Element: Light

Governs: Intuition, clarity, perception, discernment, inner knowing

## CHECK EVERY STATEMENT THAT IS TRUE FOR YOU

- I second-guess my instincts even when they have proven accurate in the past
- I struggle to see patterns in my own behavior until long after the fact
- I feel easily confused or overwhelmed by competing perspectives and opinions
- I have difficulty trusting what I know before I can fully articulate it
- My intuition speaks to me but I override it with logic or what others think
- I am prone to overthinking to the point of paralysis
- I find it hard to distinguish between fear-based thinking and genuine perception
- I feel mentally foggy or have difficulty focusing for extended periods
- I struggle to make decisions and often feel like I cannot see clearly what the right path is
- I have been ignoring something I already know is true about my life

THIRD EYE SCORE      / 10

# Crown Chakra

*Sahasrara*

Color: Violet / White | Location: Top of head | Element: Consciousness

Governs: Purpose, meaning, connection to something larger, spiritual orientation

## CHECK EVERY STATEMENT THAT IS TRUE FOR YOU








- I feel like I am moving through life but not sure where I am actually going
- I have lost touch with any sense of meaning or larger purpose
- Life feels mechanical – I do what needs to be done but something essential feels absent
- I feel disconnected from any spiritual dimension of life, even if I intellectually believe in one
- I struggle to feel like my life is part of something coherent or meaningful
- I feel isolated – not just from people but from existence itself
- I go through periods of deep existential emptiness that I cannot explain away
- I have difficulty with surrender – letting go of the need to control outcomes entirely
- I find it hard to feel gratitude or wonder even when things are going reasonably well
- I feel like I am surviving but not truly living

CROWN CHAKRA SCORE      / 10

TALLY YOUR SCORES

# Your Results

Write your scores here, then find your highest number.

 <b>Root Chakra</b>	_____ / 10
 <b>Sacral Chakra</b>	_____ / 10
 <b>Solar Plexus</b>	_____ / 10
 <b>Heart Chakra</b>	_____ / 10
 <b>Throat Chakra</b>	_____ / 10
 <b>Third Eye</b>	_____ / 10
 <b>Crown Chakra</b>	_____ / 10

Your highest score is your primary energy block. That is where we begin.

*If two or more scores are equal or very close, both are asking for your attention. Start with the lower chakra of the two – the foundation always comes first.*

# What Your Result Means

## ● IF YOUR HIGHEST SCORE IS ROOT CHAKRA

### Safety & Ground

Your work right now is about safety and ground. The anxiety you carry is not a character flaw — it is an energy center that never found solid footing. Your healing begins not by adding more security but by addressing the fear of impermanence at its root.

**Your starting practice:** Each morning, sit with your feet flat on the floor. Take five slow breaths and feel the weight of your body. Say aloud: "I am here. This moment is solid ground." This is not affirmation. It is a signal to your nervous system that the threat has passed.

On The Awakened Stoic: Search "root chakra" for videos applying Stoic philosophy to exactly this kind of work.

## ● IF YOUR HIGHEST SCORE IS SACRAL CHAKRA

### Flow & Permission

Your work is about flow and permission. Something in you learned early that desire, pleasure, and creative energy were either dangerous or unavailable. Your healing begins with small acts of genuine enjoyment, practiced without apology.

**Your starting practice:** Each day this week, do one thing purely because it brings you pleasure and serves no other purpose. Notice the resistance that arises. That resistance is the energy you are learning to release.

On The Awakened Stoic: Search "sacral chakra" for Stoic wisdom on creative energy and desire.

● IF YOUR HIGHEST SCORE IS SOLAR PLEXUS

## Inner Authority

Your work is about reclaiming your inner authority. You have been outsourcing your sense of worth to external feedback for long enough that it has started to feel normal. Your healing begins with one small act each day taken from your own center, without waiting for permission.

**Your starting practice:** Each morning, identify one decision you have been postponing that is yours to make. Make it. No committee. No second-guessing. Notice how your body feels when you act from your own authority.

On The Awakened Stoic: Search "solar plexus" for videos on Stoic personal power and inner authority.

● IF YOUR HIGHEST SCORE IS HEART CHAKRA

## Opening What Protection Closed

Your work is about opening what protecting yourself has closed. The wall that was built for good reason is now costing you more than the thing it was protecting you from. Your healing begins with self-compassion practiced before it is extended outward.

**Your starting practice:** Each evening, place one hand on your chest and ask: "What did I carry today that was not mine to carry?" Then consciously set it down. This is heart chakra work – learning to hold without gripping, to love without disappearing.

On The Awakened Stoic: Search "heart chakra" for the Stoic philosophy of love, grief, and connection.

● IF YOUR HIGHEST SCORE IS THROAT CHAKRA

## Letting the True Thing Out

Your work is about letting the true thing out. The version of you that most people know is edited. Your healing begins with practicing honesty in low-stakes moments so that it is available to you when the stakes are high.

**Your starting practice:** Once each day this week, say one true thing you would normally keep to yourself. Start small. The practice is not about being confrontational. It is about building the muscle of authentic expression before you need it most.

On The Awakened Stoic: Search "throat chakra" for Stoic wisdom on truth, logos, and authentic speech.

● IF YOUR HIGHEST SCORE IS THIRD EYE

## Trusting What You Already Know

Your work is about trusting what you already know. You have more clarity than you are giving yourself credit for. Your healing begins with following your instincts on small things so they are strong enough to guide you on the large ones.

**Your starting practice:** Each evening, write down one thing you knew today before you could explain it. Then write what you actually did with that knowing. Over time, this practice trains you to trust the signal before the noise of overthinking drowns it out.

On The Awakened Stoic: Search "third eye" for the Stoic practice of clear perception and rational intuition.

● IF YOUR HIGHEST SCORE IS CROWN CHAKRA

## Reconnecting to Meaning

Your work is about reconnecting to meaning. The emptiness you feel is not depression and it is not ingratitude. It is a crown chakra that has been running on low for a while. Your healing begins with one honest conversation with yourself about what your life is actually for.

**Your starting practice:** Sit quietly each morning and ask: "What would make today feel like it mattered?" Not productive. Not impressive. Meaningful. Write whatever arises, even if it is just one word.

On The Awakened Stoic: Search "crown chakra" for Stoic philosophy on purpose, logos, and living according to your deepest nature.

## A NOTE BEFORE YOU CLOSE THIS GUIDE

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You were not broken before you read this. You were without language for what you were already experiencing. That is all this guide has given you — the beginning of a map.

The chakras do not need to all be running at full capacity simultaneously. They are dynamic. Energy concentrates where your life is asking it to. What this assessment has done is help you see where the concentration has turned into stagnation.

That is the most useful information you can have. Because now you know where to begin.

*Welcome to The Conscious Current.*



## Continue the Work

*Ancient discipline. Awakened energy.*

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### The Awakened Stoic

A YouTube channel exploring Stoic philosophy through the lens of the seven chakras.

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*Unlock the energy within.*

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