

INNER COMPASS GIFT #1

❤️ Emotional Check-up



Inner Compass

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## **A self-awareness quiz to support your healing and growth**

### Why Emotional Health Matters

In a fast-paced world where we're constantly multitasking, pleasing others, and pushing past our limits, it's easy to lose sight of what we're truly feeling — and needing — inside.

Emotional health isn't just about avoiding pain or keeping it all together. It's about:

- Knowing yourself deeply
- Being able to respond with awareness
- Building a life that honors your emotional truth

 Self-awareness is the foundation of all healing.



When you understand your inner landscape — **your emotions, reactions, fears, and needs** — you gain the power to shift your life from autopilot to intentional.

💡 This quiz is designed to guide you on that journey. It's not a test to pass or fail. It's a mirror — gentle, honest, and full of possibility.

💡 Take it slowly. Be kind with yourself. And let each answer bring you closer to your wholeness.

### Instructions:

-  Find a quiet place.
-  Take a few deep breaths.
-  Answer each question honestly — not as you wish you felt, but as things actually are.
-  Rate from 1–5 or write freely, as you prefer.



## ★ Emotional Awareness & Expression

(Adapted from Emotional Intelligence – Daniel Goleman)

- Can I easily name what I'm feeling in the moment?
- Do I allow myself to feel emotions fully, or do I often suppress or distract?
- How safe do I feel expressing vulnerability with others?
- When I get upset, do I know why?
- Do I avoid certain emotions (like anger, sadness, fear)? Why?



## ❤️ Self-Compassion

(Adapted from Self-Compassion Scale – Dr. Kristin Neff)

- When I make mistakes, how do I treat myself?
- Do I judge myself harshly for having negative thoughts or feelings?
- Can I comfort myself when I'm in pain, like I would a friend?
- Do I allow space for imperfection and humanity in myself?
- When I'm struggling, do I reach out for support — or isolate myself?



## 🌸 Attachment & Relationships

(Adapted from Attachment Styles Questionnaire – Hazan & Shaver; Dr. Sue Johnson)

- Do I fear being abandoned or rejected by loved ones?
- Do I often feel like I need to earn love or approval?
- Am I able to maintain healthy boundaries without guilt?
- Do I tend to overgive or lose myself in relationships?
- How secure do I feel when emotionally close to others?



## Emotional Triggers & Regulation

(Adapted from Mindfulness-Based Cognitive Therapy)

- What situations or people tend to trigger strong emotions in me?
- How do I usually respond when I'm emotionally overwhelmed?
- Do I pause and reflect before reacting — or react impulsively?
- Can I soothe myself during stressful moments without numbing (food, phone, work)?
- What tools or habits help me regulate my emotional state?



## 🔊 Self-Identity & Inner Dialogue

(Adapted from Internal Family Systems – IFS)

- What are the most common thoughts I say to myself daily?
- Is my inner voice critical, kind, or disconnected?
- Are there parts of me I try to hide, deny, or silence?
- Do I feel emotionally aligned with who I am — or fragmented?
- Do I know what I truly need right now?



## 🎯 Purpose & Fulfillment

(Adapted from Positive Psychology & Life Satisfaction Scales)

- Do I feel connected to a sense of meaning or purpose in life?
- How often do I experience joy, gratitude, or inspiration?
- Do I make time for what truly nourishes me — emotionally and spiritually?
- What am I currently doing that feels emotionally draining?
- What would I change if I deeply honored my emotional needs?



## 🌈 Reflective Integration

Take 5 minutes after the questionnaire to reflect:

- What answers surprised you?
- Which area feels most out of balance?
- Where do you already feel strong and emotionally grounded?
- What is one gentle step you can take this week to care for your emotional health?

## 🌿 Optional Daily Practice

Use this mantra daily to support your emotional health journey:

“Today, I choose to listen to my emotions without judgment.

They are messengers, not enemies.  
I am safe to feel. I am worthy of healing.”



If you enjoyed this quiz, we invite you to join [Inner Compass](#)—our exclusive newsletter dedicated to the art of mindful healing and personal growth.

Click [here](#) to start your journey!

Within our newsletter, you'll discover rich, in-depth content thoughtfully organized into four empowering modules:

#### Module 1 - \*\*Healing Your Inner Child\*\*

-  Building intimacy with and nurturing your inner child (your unconscious mind)
-  Honoring your childhood and past experiences
-  Mindfully selecting the right professionals (therapists, coaches, or mentors)



## Module 2 - \*\*Empowering Your Adult\*\*

- Reparenting your inner child with love and boundaries
- Acknowledging the impact of your family heritage
- Mindfully selecting the right professionals (therapists, coaches, or mentors)

## Module 3 - \*\*Consciousness Expansion\*\*

- Mindfulness practices for grounding and self-awareness
- Activation and mindful use of "the observer self"
- Mindfully selecting the right professionals (therapists, coaches, or mentors)



## Module 4 - \*\*Finding Fulfillment and Joy\*\*

- Identifying your soul's needs and aspirations
- Seeking genuine fulfillment through mindful choices and setting up a tailored plan
- Mindfully selecting the right professionals (therapists, coaches, or mentors)

Each module includes **specific exercises** designed to help you practice transformative tools at your own pace.

Plus, you'll receive beautifully crafted **downloadable PDF files** containing all of our suggested activities.

Embrace this journey and unlock the potential for deep change in your life!

Visit us at [www.soulandsuitcase.com](http://www.soulandsuitcase.com)