

INTRINSIC ALCHEMY

Initial Assessment for Intrinsic Alchemy Process

Please Note: This document contains many potentially triggering words and phrases.

This list includes possible traumas that you may or may not have experienced. Its purpose is to get an sense of personal history, as well as to identify anything that you may be currently experiencing or dealing with in your life. If this list brings up anything that feels too uncomfortable to address, or too uncomfortable to share at this time you do not have to indicate it.

From this list of words and phrases, please indicate any which are affecting your life. Some might be strengths, others challenges, and some might refer to your past, your upbringing, the environment you grew up in, and so on. You needn't get hung up on any details; this is just to get a preliminary idea of where we might need to begin, focus, or prioritize.

If you feel as though you need to expand on this list, there is space at the end of the list for anything else you would like to include—words or phrases that aren't here but you feel are strengths or challenges, as well as space for including any clarifying details you think are important, or anything else you would like to bring attention to.

There are subtle differences in some of the wording, and some are intentionally vague.

Name

Date

- Abandonment
- Ability to assimilate information
- Ability to change
- Ability to experience pleasure
- Ability to perceive
- Able to meet challenges
- Able to think symbolically
- Able to visualize
- Active
- Addiction to security
- Age inappropriate responsibilities (parentified child)
- Alcoholic, chemical-dependent family member or family history
- Altruistic
- Amnesia
- Analytical
- Anima/animus
- Antisocial
- Anxious
- Apathetic
- Appropriate Boundaries
- Appropriate self-discipline
- Arrogant
- Asthma
- Attachment
- Attraction to sedatives
- Attraction to stimulants
- Authoritarian parenting
- Autonomy
- Balance (physical)
- Balanced
- Betrayal
- Bipolar
- Birth trauma
- Blind obedience
- Brain tumors
- Chronic disorganization
- Chronic fatigue
- Circulation problems
- Clinging
- Codependency
- Cognitive delusions
- Cold (emotionally)
- Cold (physically)
- Comfortable in the body
- Communication
- Compassionate
- Competitive
- Conditional love
- Confidence
- Confident
- Confusion
- Creativity
- Critical, judgmental, intolerant of self
- Critical, judgmental, intolerant of others
- Dangerous environment
- Deadened senses
- Delusions
- Demanding
- Denial
- Denial of feelings (yours)
- Denial of feelings (others)
- Denial of pleasure
- Depression
- Desire
- Devotion
- Difficulty concentrating
- Difficulty putting feelings into words
- Difficulty seeing future
- Digestive disorders, ulcers
- Disorders of reproductive organs, spleen, urinary system
- Disorders of solid parts of body (bones, teeth)
- Disorders of stomach, pancreas, gall bladder, liver
- Disorders of the bowels, anus, large intestine
- Disorders of the heart, lungs, thymus, breasts, arms
- Disorders of the throat, ears, voice, neck
- Dissociation or disconnection from body
- Divorce
- Dominating others
- Dominating voice, interruptions
- Domination
- Driving ambition
- Easily manipulated
- Eating disorders
- Emotional abuse
- Emotional dependency
- Emotional intelligence
- Emotional manipulation
- Empathetic
- Enema abuse
- Energy
- Enmeshment
- Excessive boundaries
- Excessive criticism
- Excessively strong emotions
- Family
- Fear
- Fear of change
- Fear of intimacy
- Fear of punishment
- Fear of relationships
- Fear of speaking
- Fearful
- Feeding difficulties
- Feeling of safety and security
- Feeling powerless
- Financial difficulty
- Finding one's own voice
- Forced religiosity

- Frequent illness
- Frightening environment
- Frigidity, fear of sex
- Gaslighting
- Good dream recall
- Good health
- Good immune system
- Good listener
- Good memory
- Good self-esteem
- Good self-love
- Good self-worth
- Good sense of personal power
- Good sense of timing and rhythm
- Gossiping
- Graceful movement
- Greed
- Grief
- Grounded
- Guilt
- Hallucinations
- Headaches
- Health
- Healthy boundaries
- Hoarding
- Home
- Hyperactive
- Hypertension
- Hypoglycemia, diabetes
- Illusion
- Image
- Imagination
- Imaginative
- Immune system deficiency
- Inability to be still, relax
- Inability to listen
- Inflexible (physically)
- Inherited shame
- Inherited trauma
- Insensitivity
- Insight
- Intelligent, thoughtful, aware
- Intimacy
- Introversion, shyness
- Intuition
- Invalidation of intuition and psychic occurrences
- Invalidation of one's beliefs
- Isolation
- Issues with supportive body parts
- Jealousy
- Knee troubles
- Lack of desire, passion, excitement
- Lack of empathy (relating)
- Lack of imagination
- Lazy
- Learning difficulties
- Liar
- Lies
- Listening
- Living creatively
- Loneliness
- Loss of appetite
- Love
- Loveless environment
- Loving
- Low back pain
- Low energy
- Low self-esteem
- Low self-love
- Low self-worth
- Low sex drive
- Major illness or surgery
- Malnourishment
- Manipulative
- Material fixation
- Menstrual difficulties
- Migraines
- Misinformation
- Mixed messages
- Monopolarized
- Movement
- Muscle spasms, muscular disorders
- Narcissism
- Need
- Need to be right, have last word
- Neglect, coldness, rejection
- Nightmares
- Notably underweight
- Nourishment
- Nurturance of self and others
- Obesity
- Obsessions
- Obsessive attachment
- Open-minded, able to question
- Over-intellectualization
- Overeating
- Overly sacrificing
- Overly-aggressive, dominating, controlling
- Oversensitivity
- Passive
- Peaceful
- Perceptive
- Physical abuse
- Physical neglect
- Playfulness
- Pleasure
- Pleasure addiction
- Poor auditory comprehension
- Poor boundaries
- Poor digestion
- Poor discipline
- Poor dream recall
- Poor focus
- Poor memory
- Poor physical bonding with mother figure
- Poor range of motion
- Poor rhythm
- Poor self-discipline and follow-through
- Poor social skills
- Poor vision
- Power
- Proactivity

- ☐ Prosperity
- ☐ Reaching out
- ☐ Recurring pain in chest
- ☐ Rejection, abandonment, loss
- ☐ Relationship
- ☐ Religious or moral severity
- ☐ Resonant voice
- ☐ Responsible, reliable
- ☐ Right livelihood
- ☐ Rigid belief systems
- ☐ Rigid boundaries
- ☐ Rigidity in body and/or attitudes
- ☐ Roots
- ☐ Secrets
- ☐ Seductive manipulation
- ☐ Sensation
- ☐ Sense of humor
- ☐ Sense of trust in the world
- ☐ Sexual abuse (covert or overt)
- ☐ Sexual acting out, sexual addiction
- ☐ Sexual dysfunction: impotence, premature ejaculation, frigidity, non-organic
- ☐ Sexual or physical abuse
- ☐ Sexuality
- ☐ Shame
- ☐ Shortness of breath
- ☐ Sluggish
- ☐ Small, weak voice
- ☐ Spiritual abuse
- ☐ Spiritual addiction
- ☐ Spiritual cynicism
- ☐ Spiritually connected
- ☐ Spontaneity
- ☐ Stability
- ☐ Stubbornness
- ☐ Talking as a defense
- ☐ Temper tantrums
- ☐ Tension between shoulder blades
- ☐ Thwarted curiosity
- ☐ Tightness of the jaw
- ☐ Tired

- ☐ Toned deaf
- ☐ Too talkative
- ☐ Toxicity
- ☐ Trust
- ☐ Unacknowledged grief, including parents' grief
- ☐ Unreliable
- ☐ Unresolved feelings around loss
- ☐ Verbal abuse, constant yelling
- ☐ Victim mentality, blaming of others
- ☐ Violent environment
- ☐ Violent outbursts
- ☐ Vision (as a metaphor)
- ☐ Vision problems
- ☐ Visualization
- ☐ Vitality
- ☐ Volatile situations
- ☐ Warm personality
- ☐ Weak will
- ☐ Well grounded
- ☐ What you see doesn't go with what you're told
- ☐ Willpower
- ☐ Withdrawn

Any additional comments, concerns, or clarification: