

## Soul Loss Indicators

**Here are some possible indicators of Soul loss. Please take a few minutes and put a check mark on any of these that might apply to you.**

- Do you ever have a difficult time staying “present” in your body? Do you sometime feel as if you’re outside your body observing it as you would a movie?
- Do you ever feel numb, apathetic, or deadened?
- Do you suffer from chronic depression?
- Do you have problem with your immune system and have trouble resisting illness?
- Were you chronically ill as a child?
- Do you sense that you may have blocked out significant traumas in your life?
- Do you struggle with addictions, for example, alcohol, drugs, food, sex, or gambling?
- Do you find yourself looking to external things to fill up internal void or emptiness?
- Have you had difficulties moving on with your life after a divorce or the death of a loved one?

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Johnruizhealing.com*

**916-606-7774**