

Use this self-scoring questionnaire developed by Dr. Eve Delunas to determine if your past is negatively affecting your life today. This questionnaire is not designed to replace therapy, but rather to help you better understand what is happening in your life, and to encourage you to seek assistance when needed.

Are you SPELLBOUND by your Past?

Please use the answer sheet on page three to check any of the following statements that apply to you. As you consider the following items, try to answer as honestly as you can.

1. I frequently compare myself to others and conclude that I am "better than" or "less than" they are.
2. Secretly inside, I believe that I don't really deserve to be happy.
3. I often feel depressed for no specific reason
4. I make negative judgments about other people.
5. Deep down inside, I think I am unlovable.
6. I have addiction problems.
7. I blame other people for my problems.
8. I criticize myself or put myself down more than I should.
9. I have been physically abused by another.
10. I am unable to stop myself from overeating.
11. I have been verbally abusive to others.
12. I often feel worthless or not good enough.
13. I am a workaholic.
14. I frequently seek the approval of others.
15. I find it difficult to control my temper.
16. I am a shopaholic.

17. I expect myself to be perfect.
18. I am often deeply in debt.
19. I am continuously seeking the ideal relationship to make me happy.
20. I feel uneasy when things in my life are going too well.
21. I have been physically violent with others.
22. I generally second-guess my own decisions.
23. I tend to put myself last in my life.
24. I suffer from chronic pain.
25. I worry about the future.
26. I have allowed others to verbally abuse me.
27. I often feel anxious for no specific reason.
28. I don't ask for help from others when I need it.
29. I feel responsible for making everyone else happy.
30. I am wary of intimate relationships.
31. I lack the confidence to pursue my dreams.
32. I often think about the bad things that happened to me in the past.
33. I feel paralyzed with fear when I consider making any changes in my life.
34. I question if it is possible for me to have what I want in my life.
35. I feel guilty for how I have handled things in the past.
36. I experience panic attacks .
37. I am uncomfortable in letting others get too close to me.
38. I have difficulty trusting men and/or women.

39. I rarely get a good night's sleep.
40. I find that I repeat the same self-defeating patterns over and over again.
41. I replay my past mistakes.
42. I still feel angry and/or resentful about things that others did to me in the past.

Answer Sheet

Please place a check mark next to any of the items that apply to you:

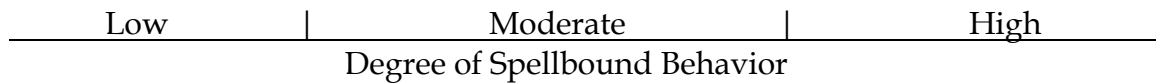
Column A	Column B	Column C
1. <input type="checkbox"/>	2. <input type="checkbox"/>	3. <input type="checkbox"/>
4. <input type="checkbox"/>	5. <input type="checkbox"/>	6. <input type="checkbox"/>
7. <input type="checkbox"/>	8. <input type="checkbox"/>	9. <input type="checkbox"/>
10. <input type="checkbox"/>	11. <input type="checkbox"/>	12. <input type="checkbox"/>
13. <input type="checkbox"/>	14. <input type="checkbox"/>	15. <input type="checkbox"/>
16. <input type="checkbox"/>	17. <input type="checkbox"/>	18. <input type="checkbox"/>
19. <input type="checkbox"/>	20. <input type="checkbox"/>	21. <input type="checkbox"/>
22. <input type="checkbox"/>	23. <input type="checkbox"/>	24. <input type="checkbox"/>
25. <input type="checkbox"/>	26. <input type="checkbox"/>	27. <input type="checkbox"/>
28. <input type="checkbox"/>	29. <input type="checkbox"/>	30. <input type="checkbox"/>
31. <input type="checkbox"/>	32. <input type="checkbox"/>	33. <input type="checkbox"/>
34. <input type="checkbox"/>	35. <input type="checkbox"/>	36. <input type="checkbox"/>
37. <input type="checkbox"/>	38. <input type="checkbox"/>	
39. <input type="checkbox"/>	40. <input type="checkbox"/>	
41. <input type="checkbox"/>	42. <input type="checkbox"/>	
A= <input style="width: 80px; height: 20px;" type="text"/>	B= <input style="width: 80px; height: 20px;" type="text"/>	C= <input style="width: 80px; height: 20px;" type="text"/>
Total <input type="checkbox"/> s	Total <input type="checkbox"/> s	Total <input type="checkbox"/> s

Add the total number of check marks in each column and place next to the appropriate letter above.

Explanation of Scores:

Spellbound behavior lies along a continuum. Many of us will engage in more acute spellbound behavior at different times in our lives, particularly when we are under stress. Spellbound behavior is not one, specific, isolated behavior, but a combination of behaviors.

Keeping this in mind, you can use your scores from columns A, B, and C to estimate how much spellbound behavior is currently affecting in your life according to the following continuum:



Column A: It is common for us to have many of the characteristics in column A. However, if you have marked *more than five items*, then you may be engaging in a low level of spellbound behavior.

Column B: It is also common for us to have a few of the characteristics in column B. If you have marked *more than three items*, then you may be engaging in a low to moderate level of spellbound behavior.

Column C: If you have marked *one or more items* in column C, you may be engaging in a moderate to high level of spellbound behavior.

Consider your scores for all three columns to assess the degree to which spellbound behavior may be playing a role in your life. And keep in mind that no matter what your present pattern happens to be, you always have the power to change!

What does it mean to be spellbound?

When we are spellbound, we are likely to find ourselves repeatedly engaging in unhealthy behaviors that feel as if they are out of our control. Unconsciously, we continue to make the same self-defeating choices which result in the same disappointing outcomes. While under the spell of our negative past, we are likely to be haunted by fears, doubts, and insecurities which stop us from living to our fullest potential. We may remain in unsuitable and unsatisfactory jobs, relationships, and living situations, rather than risk change. The colors of our lives are dull and muted, instead of rich, vibrant, and exciting.

What can we do if we are in a spellbound state?

If you are spellbound, there are many tools you can use to step out from the shadows of your past and into the light of your magnificent essence. As you awaken from your spellbound state, you can stop the unconscious patterns of self-sabotage, and make choices which are self-empowering. You can break free of old, confining ways of thinking and behaving, and step onto a new path that offers profound joy, deep peace, and a sense of well-being that transcends the usual ups and downs of life. As you move beyond the limitations of the past, your life is transformed, freeing you to live your dreams.

Dr. Eve Delunas offers many resources to help you awaken from your spellbound state:

Breaking the Spell of the Past: Entering the Joyous Now

In this book, Dr. Eve Delunas describes the steps to take to awaken from the spell of your past. Included are 21 practical exercises which Dr. Delunas has used with hundreds of psychotherapy clients to enable them create the lives they truly desire. \$16.00 (155 pgs.)

For additional information, or to order the book, go to:

<http://www.innervisionsresources.com>. Call TOLL FREE 1-877-9JOYNOW.

Guided Visualizations to Break the Spell of the Past and Enter the Joyous Now

Dr. Delunas has also created a set of four CDs in which she guides you through all 13 of the visualization exercises from the book with beautiful, relaxing music in the background. \$46.00 (4 CD set)

For additional information, or to order the 4 CD set, go to:

<http://www.innervisionsresources.com>. Call TOLL FREE 1-877-9JOYNOW.

****Special Savings Offer:**

Purchase both the book and the set of CDs, and save! Get the entire package for just \$52.00, a ten dollar savings! Go to: <http://www.innervisionsresources.com>. Call TOLL FREE 1-877-9JOYNOW.

Free Article on How to Awaken from Your Spellbound State

Dr. Delunas has also posted a free article on her web site, entitled, "Six Steps to Neutralize the Negative Effects of the Past." You can find it at:

<http://www.innervisionsresources.com>.

Free Monthly Ezine

Sign up for a free monthly ezine here: <http://www.innervisionsresources.com>.

Refer this Questionnaire to a Friend:

<http://www.innervisionresources.com/quiz.html>