



Feminine & Masculine Balance Assessment

Directions: Place a checkmark next to the qualities you feel that you have.

Feminine Energy

- ☐ Receptive
- ☐ Passive
- ☐ Contractive
- ☐ Intuitive
- ☐ Inward

Natural Feminine

- ☐ Unconditional Love
- ☐ Understanding
- ☐ Nurturing
- ☐ Tenderness
- ☐ Kindness
- ☐ Intuitive
- ☐ Creative
- ☐ Feeling
- ☐ Stillness
- ☐ Flow
- ☐ Radiance
- ☐ Surrender
- ☐ Sensitivity
- ☐ Emotional
- ☐ Ease
- ☐ Allowing

Wounded Feminine

- ☐ Victim
- ☐ Powerless
- ☐ Weakness
- ☐ Manipulation
- ☐ Withholding
- ☐ Neediness
- ☐ Co-dependency
- ☐ Over-sensitivity
- ☐ Over-emotional

Masculine Energy

- ☐ Projective
- ☐ Active
- ☐ Giving
- ☐ Expansive
- ☐ Outward

Natural Masculine

- ☐ Confidence
- ☐ Inner Strength
- ☐ Responsibility
- ☐ Focus
- ☐ Logical
- ☐ Support
- ☐ Stability
- ☐ Direction
- ☐ Protection
- ☐ Clarity
- ☐ Boundaries
- ☐ Courage
- ☐ Discipline
- ☐ Capable
- ☐ Certain
- ☐ Assertive

Wounded Masculine

- ☐ Perpetrator
- ☐ Abuse of Power
- ☐ Dominance
- ☐ Aggression
- ☐ Control
- ☐ Competitive
- ☐ Confrontational
- ☐ Criticism
- ☐ Abuse
- ☐ Avoidance
- ☐ Unsupportive
- ☐ Unstable