

How Surrendered Are You?

Take The Surrender Test – 25 Questions for Reflection

	Mostly Untrue	Mostly True
1. I recognize I cannot control everything.	<input type="text" value="0"/>	<input type="text" value="1"/>
2. After I've done what's possible to "make things happen" or change a situation, I can let go and accept life without fighting it.	<input type="text" value="0"/>	<input type="text" value="1"/>
3. I don't try to force things when a door is shut.	<input type="text" value="0"/>	<input type="text" value="1"/>
4. I am comfortable with uncertainty.	<input type="text" value="0"/>	<input type="text" value="1"/>
5. I remember to exhale during stress.	<input type="text" value="0"/>	<input type="text" value="1"/>
6. I'm able to give and receive love.	<input type="text" value="0"/>	<input type="text" value="1"/>
7. I can feel powerful without dominating others or telling family and friends what to do.	<input type="text" value="0"/>	<input type="text" value="1"/>
8. I don't withhold attention or love or keep people dangling to feel in control.	<input type="text" value="0"/>	<input type="text" value="1"/>
9. I feel successful apart from my job or net worth.	<input type="text" value="0"/>	<input type="text" value="1"/>
10. I see my body as sacred, and don't obsess on weight or wrinkles.	<input type="text" value="0"/>	<input type="text" value="1"/>
11. I can accept the aging process and feel good about myself.	<input type="text" value="0"/>	<input type="text" value="1"/>
12. I don't compare myself to others.	<input type="text" value="0"/>	<input type="text" value="1"/>
13. I can let go and enjoy lovemaking.	<input type="text" value="0"/>	<input type="text" value="1"/>
14. I feel sensually connected to nature.	<input type="text" value="0"/>	<input type="text" value="1"/>
15. I practice physical movement to keep my body flexible and healthy.	<input type="text" value="0"/>	<input type="text" value="1"/>
16. If I'm ill, I practice self-compassion and surrender to the healing process instead of beating myself up.	<input type="text" value="0"/>	<input type="text" value="1"/>
17. I'm in touch with a sense of spirituality larger than my will.	<input type="text" value="0"/>	<input type="text" value="1"/>
18. I listen to my intuition to help make decisions, especially when I don't know the answer or face obstacles.	<input type="text" value="0"/>	<input type="text" value="1"/>
19. I'm open to new ideas and can let go of ones I once held to be true.	<input type="text" value="0"/>	<input type="text" value="1"/>
20. I can embrace happiness.	<input type="text" value="0"/>	<input type="text" value="1"/>
21. I allow myself to experience loss and grief without bottling up my feelings.	<input type="text" value="0"/>	<input type="text" value="1"/>
22. I don't fear death.	<input type="text" value="0"/>	<input type="text" value="1"/>
23. I'm not attached to "being right" and can admit when I'm wrong.	<input type="text" value="0"/>	<input type="text" value="1"/>
24. I can be spontaneous and playful.	<input type="text" value="0"/>	<input type="text" value="1"/>
25. I can welcome silence, stillness, and meditation.	<input type="text" value="0"/>	<input type="text" value="1"/>