

Chakra Test Cheat Sheet

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Symbol	Balanced	Overactive	Underactive
 Crown Chakra	Joy Connected to "the Source" while aware of one's individuality Wise Compassionate	Addicted to spirituality Craving attention Needing to be popular Over-erotic imagination	Misunderstood Can't have fun Unaware of or denying one's spiritual connection
 Brow Chakra (Third Eye)	Intuitive Charismatic Can meditate Knows one's purpose Seen as wise	Spaced out Lost Worrying Seen as living in a fantasy world	Can't see the bigger picture Can be easily influenced Confused about one's purpose Doubting oneself
 Throat Chakra	Can express self Speaks truth Creative	Speaking too much Boring others Seen as criticizing Stubborn	Can't express self Afraid to speak in public Cannot express the creative side Seen as timid Dependent
 Heart Chakra	Loved Loving Empathetic "Contagiously" good vibe	Entitlement Jealousy Blaming others Giving too much	Unloved Self pity Fear of rejection Neediness Clinginess Uncertainty
 Solar Plexus Chakra	Respect for self and others Confident Outgoing Problem solving Calm Integrity	Judgmental Stubborn Critical Bully	Low self esteem Apathetic Procrastinating "Taken advantage of" Not knowing what to do
 Sacral Chakra	Friendly Passionate Sexually fulfilled Good mood Playful Naturally flirty	Need power Manipulative Craving	Shy Guilty Afraid to interact Lost Overly concerned about what others think
 Root Chakra	Grounded Belonging in this world Trusting Independent Alive Poised	Bossy Domineering Big ego Greedy Violent Cunning	Unloved Sexually inadequate Frustrated Fearful Shy Unsure