

AWAKE! ©

The Evolutionary Self-Discovery Test 2021

AWAKE!—The Evolutionary Self-Discovery Test—is a sentence completion test composed of 177 stems, designed to explore conscious and non-conscious patterns of thinking, feeling, acting and reacting, perspectives, attitudes, beliefs, and other facets of your inner world.

The test can be used for self-discovery, self-reflection, reciprocal learning, and co-evolution, by everyone interested in igniting in-depth conversations about conscious evolution.

Complete the test yourself, and ask your partner, your friends, or your clients to do the test, exchange the results, then discuss together the deep meanings of life.

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Please complete the following sentences as sincerely as possible so that, after you read them, their meaning is clear and entirely truthful to you. Use the seed words as a starting point to express your view on that topic. You can use as many sentences as you need.

I am...

When I see how my ego...

I am embarrassed when...

I think religion is...

A meaningful relationship is...

Being in harmony with life is...

If I could be telepathic in the next hour, and I could connect with a person entirely, and experience their thoughts and emotions, I would...

My dreams...

Right now, in this moment,...

I am proud that...

When I am criticized...

I am sorry about...

My closest friend...

Finding balance in my life has been...

Sometimes, my inner world...

If, for one hour, I could travel forward in time, beyond my death, to any day I want, I would choose...

Emotional intelligence is...

Until now, my journey through life has been...

I could use my voice to...

If I don't reach my goals I...

A good mother...

Self-reflection offers me...

When they avoided me...

When I reflect on how my life has been, I...

Being alive is something that...

My night dreams are...

Sometimes I wished that...

To, me harmonic resonance means...

When I close my eyes...

If, by some kind of magic, I could choose how many years to live from now on, I would choose...

My sexuality...

When people around me change, I notice...

Living in the moment is...

A deep human connection is...

Aligning myself to social norms and values is...

Being with other people...

When I think about the entire Universe, I...

My goal in life is...

I am committed to...

My best friend...

For me, psychedelics are...

I feel good when...

My education...

For me, a conscious intimate partnership would mean...

My conscience bothers me if...

I feel amazing when...

Sharing my inner life...

Body massage...

If I could travel through light, faster than the speed of light, I would...

I tend to react compulsively when...

My main problem is...

Rules are...

When I am in a contemplative state, it happens that...

Right now, in this moment, I am aware of...

Usually, the energy I feel inside my body...

Perspective-taking is for me...

Raising a family...

When I look to our galaxy, the Milky Way, I am wondering if..

I just can't connect with people who...

I understand how my mind...

Until now, the strongest drive in my life has been...

I enjoy in-depth conversations about...

Society has the right to...

I enjoy watching...

My ego (self-identity) tends to be...

Moral values...

When I reflect on the fact that in the future, the Sun and our planet will no longer exist, I...

When I am daydreaming,...

Sometimes, my body feels...

In the following years of my life, I would like to...

When I change myself, I feel...

When I look at how my inner experience is configured, I see..

The moments when I feel connected to everyone and everything...

For me, a transgender person is...

When I am nervous...

My self-awareness increases when...

In my view, humanity is moving towards...

If, by some kind of magic, I could go back in time and live my life again from a specific day forward, I would...

My father...

If a plant could talk, I would be curious to know...

My mother and I...

The tone of my voice is...

For me, art is...

A psychologically mature man...

If I have high-energy spikes inside my body,...

Sometimes my unconscious mind tends to...

My body vibrates when...

I feel lonely when...

My friends should...

When someone says things about me that are not true, I...

If I were the first human that would interact with an alien life form, I would...

A person deserves my consideration when...

I am lucky because...

My inner life is...

My emotions tend to...

Crime and delinquency could be halted (stopped), if...

It's never too late to...

Spirituality means...

Enthusiasm...

Paying attention to attention...

Today is a good day for..

I like to discover...

If I could awaken from the dead one person that is no longer alive, for one day, I would choose...

While I speak, I can observe if my words...

A man's body...

I could be...

What gets me into trouble...

For me, freedom is...

When I receive a gift...

I am passionate about...

To me, being conscious is..

I am curious about...

For me, meditation is...

A pregnant woman...

If I could decide the evolution of the human species, I would...

My connection with plants...

In my life, money...

Always saying the truth is...

The process of aging evokes in me...

When I go to buy something..

I enjoy reading...

In a friendship, I value...

If someone asked me what my worldview is, I would say...

In a couple relationship, my needs are...

I am aware that other people's perspectives could be...

I this moment, I feel...

When I have a problem in my life...

If I could remember fully and re-experience one moment of my life, I would choose...

When I was younger...

A girl has a right to...

The humans are capable of...

My personal development...

Emotional empathy with my partner is...

If, during a dream, I could become aware that I am dreaming, I...

Eating...

A psychologically mature woman...

For me, spiritual awakening is...

Dancing is...

Life on Earth is...

My unique qualities are...

I am aware that the roles I have in society...

If I close my eyes and watch my inner experience, I see...

My imagination...

After I die...

When a challenge occurs in my personal life, I...

The Moon has always been...

I experience an enhanced perceptual awareness when...

A woman's body...

When someone has a different opinion than mine I...

My language tends to be...

Usually, the events in my life unfold...

If everyone on Earth could listen to me for 1 minute, I would like to say...

Sometimes I wonder how it would be like if...

The thing I like about myself...

When I feel confused, I...

When I see that my thinking tends to loop, I...

I feel angry when...

When I am in a state of flow, I feel...

When I change something in my life...

When a woman gives birth to a new life...

When I experience ecstatic states...

Unconditional love could be...

If one of my body parts could talk to me for 5 minutes, I would choose to talk with...

A good father...

Wildlife on Earth is...

Spending time alone is...

Touching someone is...

Awakening to reality is...

Love is...

When I discuss the deep meanings of life with someone, I am...

To trust someone, I need...

If I go to a forest, I like to...

Asking myself existential questions...

If I can't get what I want...

If something in my life is not ok, I...

If I could be fully awakened and entirely free, for one month, I would...

I am thankful for...