

Head, Heart, and Gut Self-Assessment

This brief questionnaire can quickly increase your awareness of your conscious or unconscious preference for heart-brain, gut-brain, or head-brain language. Complete the survey by tallying your responses to see which brain you tend to prefer.

1. I weigh pros and cons when making decisions.

Always	Generally	Seldom	Never
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2. I trust my gut reactions when making decisions.

Always	Generally	Seldom	Never
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3. I always follow my heart when making decisions.

Always	Generally	Seldom	Never
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4. I am a courageous person.

Always	Generally	Seldom	Never
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5. I am compassionate, kind, and empathetic.

Always	Generally	Seldom	Never
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6. I prefer to think things through before acting.

Always	Generally	Seldom	Never
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7. I have a strong core sense of self.

Always	Generally	Seldom	Never
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8. I like to connect deeply with people.

Always	Generally	Seldom	Never
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9. I am very self-protective.

Always	Generally	Seldom	Never
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10. I take a rational approach to life and love.

Always	Generally	Seldom	Never
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If you answered numbers 3, 5, and 8 with *Always* or *Generally*, this demonstrates a preference for the heart brain; if you answered numbers 2, 4, 7, and 9 with *Always* or *Generally*, this indicates a preference for the gut brain; and if you answered numbers 1, 6, and 10 with *Always* or *Generally*, this indicates a preference for the head brain.