

# FAITH / FEAR QUOTIENT INVENTORY

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Choose the answer that most accurately describes your feeling about your life.

1 Mostly	2 Somewhat	3 Neither					4 Somewhat	5 Mostly
Insecure		1	2	3	4	5	Secure	
Anxious / Worried		1	2	3	4	5	Unconcerned	
Struggling		1	2	3	4	5	Relaxed, Flowing	
Never Gets Needs Met		1	2	3	4	5	Always Gets Needs Met	
Resentful / Angry		1	2	3	4	5	Accepting	
Guilty / Ashamed		1	2	3	4	5	Confident	
Trapped		1	2	3	4	5	Free	
Intimidated		1	2	3	4	5	Self-Mastery / Highly Communicative About What You Need	
Paralyzed		1	2	3	4	5	Proactive / Moving Forward	
Rejected		1	2	3	4	5	Loved	

Total Score: \_\_\_\_\_

Scoring:

40 - 50	Secure; You recognize your fears without being a slave to them.
30 - 39	You feel the fear but can do it anyway.
20 - 29	Unbalanced; Fear-driven; Need to bring more faith-driven activity into your life.
10 - 19	Overwhelmed by fear; it will help you to work with our coaches or another support system to give you some relief.