

Nutritional Consciousness Questionnaire

Rate each statement 0-5 according to the intensity of how you have recently felt.
0=Never 1=Rarely 2=Occasionally 3=Regularly 4=Often 5=Very Often

Vitamin B1

- ___ 1. I have few doubts.
- ___ 2. I rarely get angry when people don't agree.
- ___ 3. I feel disappointed.
- ___ 4. I feel worried.
- ___ 5. I don't trust others.
- ___ 6. I am always right.
- ___ 7. Life rarely goes my way.
- ___ 8. I have to contend with evil.

Vitamin B5

- ___ 1. I feel anger.
- ___ 2. I want what I want.
- ___ 3. I feel powerful.
- ___ 4. I do not have control.
- ___ 5. I feel strong.
- ___ 6. I do not know what I want.
- ___ 7. I am in control.
- ___ 8. I feel calm.

Vitamin B2

- ___ 1. I feel little interest in activities that used to give me great pleasure.
- ___ 2. I feel disturbed about some events even when they do not personally involve me.
- ___ 3. I rarely want things done a certain way.
- ___ 4. I ignore the price when shopping for what I want.
- ___ 5. I feel tearful.
- ___ 6. I feel free.
- ___ 7. I feel guilty.
- ___ 8. I feel healthy.

Vitamin B6

- ___ 1. I feel like I have no barriers to keep me from accomplishing what I want to do.
- ___ 2. I want to make changes in my life.
- ___ 3. I feel powerful.
- ___ 4. I feel satisfied.
- ___ 5. I rarely feel limited.
- ___ 6. I use new ways of doing things.
- ___ 7. I feel satisfied with myself.
- ___ 8. I like things the way they are.

Vitamin B3

- ___ 1. I feel optimistic.
- ___ 2. I have low cholesterol.
- ___ 3. I have dreams.
- ___ 4. I feel satisfied with life.
- ___ 5. I have high cholesterol.
- ___ 6. I dream.
- ___ 7. I never feel disappointed with life.
- ___ 8. I have fearful dreams.

Vitamin B12

- ___ 1. I have goals, wishes; desires.
- ___ 2. My fears come true.
- ___ 3. I believe that I am all that I can be.
- ___ 4. I feel enthusiastic about life.
- ___ 5. I stopped setting goals.
- ___ 6. My goals can be accomplished.
- ___ 7. I look forward to living.
- ___ 8. I do not live in fear.

Vitamin B15

- ___ 1. I feel happy.
- ___ 2. I live life to the fullest.
- ___ 3. I feel like my fears have disappeared.
- ___ 4. I make my own choices based on what I want.
- ___ 5. I never feel betrayed.
- ___ 6. I never feel jinxed.
- ___ 7. I never feel like a loser.
- ___ 8. I never have trouble making a decision.

Choline

- ___ 1. I feel pleasure.
- ___ 2. I feel joyful.
- ___ 3. I examine myself.
- ___ 4. I know who I am.
- ___ 5. I feel pleasure in life.
- ___ 6. I feel joyful.
- ___ 7. I regularly examine myself and my life.
- ___ 8. I am aware of what is going on inside me.

Inositol

- ___ 1. I ignore failures.
- ___ 2. I see the "silver lining" in all my experiences.
- ___ 3. I feel less pain than I did before.
- ___ 4. I remember my successes.
- ___ 5. I have difficulty recalling my negative experiences.
- ___ 6. I am rarely discouraged.
- ___ 7. I rarely feel like a failure.
- ___ 8. I prefer to only remember when I was a winner.

Vitamin B9

- ___ 1. Life is wonderful.
- ___ 2. I easily let go of painful memories.
- ___ 3. I rarely limit myself.
- ___ 4. I feel healthy.

- ___ 5. I hold onto negative feelings.
- ___ 6. I easily release my past.
- ___ 7. Life's opportunities are boundless.
- ___ 8. I create love.

Vitamin H

- ___ 1. I feel hopeful.
- ___ 2. I am ready to change.
- ___ 3. I understand things quickly.
- ___ 4. I know who I am.
- ___ 5. I am able to create what I want.
- ___ 6. I can imagine myself in a different experience.
- ___ 7. I understand situations quickly.
- ___ 8. I regularly act on my intuition.

PABA

- ___ 1. I feel furious.
- ___ 2. I am jealous.
- ___ 3. I think clearly.
- ___ 4. I am creative.
- ___ 5. I feel outrage.
- ___ 6. I am possessive.
- ___ 7. I am confused.
- ___ 8. I am innovative.

Vitamin C

- ___ 1. I think clearly.
- ___ 2. I am satisfied with life.
- ___ 3. I am able to evaluate my choices.
- ___ 4. I am able to make wise choices.
- ___ 5. I am perfect.
- ___ 6. I am rarely confused.
- ___ 7. I can do anything I desire.
- ___ 8. I am rarely fearful.

Vitamin P

- ___ 1. I feel capable of doing anything.
- ___ 2. My life is successful.
- ___ 3. I can make happen whatever I want.

- ___ 4. I am in control.
- ___ 5. I have what I want.
- ___ 6. I have created what I want.
- ___ 7. God helps me control my life.
- ___ 8. I am capable of creating.

Vitamin A

- ___ 1. I feel different.
- ___ 2. I feel my life has a purpose.
- ___ 3. I feel that life can be without limits.
- ___ 4. I want to change my life.
- ___ 5. I am not limited by what I don't know.
- ___ 6. I feel peaceful.
- ___ 7. I welcome life changes.
- ___ 8. I feel different about life than my parents.

Vitamin D

- ___ 1. I create my own destiny.
- ___ 2. I feel powerful.
- ___ 3. I am in charge of my life.
- ___ 4. I create my destiny.
- ___ 5. I am without blame.
- ___ 6. I want what I want.
- ___ 7. I am perfect.
- ___ 8. I feel like I am growing in my life.

Vitamin E

- ___ 1. I feel lucky.
- ___ 2. I deal with my past failures by changing perspective.
- ___ 3. I never feel like running home.
- ___ 4. I can be anything that I want to be.
- ___ 5. I release my painful past and want to move forward.
- ___ 6. I feel joy when processing fearful past experiences.
- ___ 7. I remember easily.
- ___ 8. I feel lucky.

Vitamin K

- ___ 1. I feel hopeful coupled with anger.
- ___ 2. I make right choices.
- ___ 3. I can have anything that I want.
- ___ 4. I am the first one to know.
- ___ 5. I feel like a loser.
- ___ 6. I am the last one to get into trouble.
- ___ 7. I never feel betrayed.
- ___ 8. I rarely have positive thoughts.

Vitamin F

- ___ 1. I share willingly.
- ___ 2. My life is balanced.
- ___ 3. I can do anything.
- ___ 4. I rarely feel held back.
- ___ 5. My problems are rarely because of what somebody else did.
- ___ 6. I feel superior.
- ___ 7. Life is good.
- ___ 8. I rarely feel angry.