



The Artist's Way Virtue Trap Quiz

We listen to other people's ideas of what is self-destructive without ever looking at whether their self and our self have similar needs. Caught in the Virtue Trap, we refuse to ask ourselves, "What are my needs? What would I do if it weren't too selfish?"

Answer the following questions with rapid-fire answers. Don't over-think it.

1. The biggest lack in my life is: _____
2. The greatest joy in my life is: _____
3. My largest time commitment is: _____
4. As I play more, I work: _____
5. I feel guilty that I am: _____
6. I worry that: _____
7. If my dreams come true, my family will: _____
8. I sabotage myself so people will: _____
9. If I let myself feel it, I'm angry that I: _____
10. One reason I get sad sometimes is: _____
11. Does my life serve my true self or only others? Am I self-destructive?

12. List 10 forbidden joys - things I would love to do but I'm not "allowed":

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |



13. My payoff for staying blocked is: _____

14. Honestly, my favourite creative block is: _____

15. Draw a cartoon of yourself indulging in that block (it doesn't have to be perfect!):

Don't forget to add a caption!