

INTUITIVE SENSES ASSESSMENT

The Intuitive Gifts That Go Beyond Your Human Senses



INSTRUCTIONS: Score the following statements 1-5 according to how you resonate with them.

SCORE 1 - 5

1 Never, 2 Rarely, 3 Sometimes, 4 Often, 5 Always

You have a strong sense of knowing things without any logical explanation or evidence.

☐

You have a strong intuition and can sense things that others cannot.

☐

You experience physical sensations or symptoms that are not your own, but are related to the emotions of those around you.

☐

You can tell the mood of a room as soon as you enter it.

☐

You have a strong sense of intuition when it comes to physical touch.

☐

You have a strong sense of taste and can pick up on subtle flavors.

☐

You can taste things associated with a particular person or place.

☐

You see flashes of light or colors around people or objects.

☐

You have a knack of hearing things in your surroundings that others don't initially.

☐

You tend to trust your intuition and gut feelings over rational thinking.

☐

You are able to pick up on the thoughts and emotions of others without them saying anything.

☐

You have a natural ability to comfort and support others, often without even knowing why they are upset.

☐

You feel the emotions of others without them telling you how they feel.

☐

You can pick up information about an object's history or owner just by holding it.

☐

You have a heightened sense of touch and can feel energy or vibrations.

☐

SCORING 1 - 5

1 Never, 2 Rarely, 3 Sometimes, 4 Often, 5 Always

You can taste things that are not related to your current environment.

☐

You have a strong intuition and can sense things before they happen.

☐

You can easily distinguish between different tones and frequencies in music.

☐

You have sudden insights or realisations without knowing how you came to that conclusion.

☐

You have vivid dreams that provide you with important insights and information.

☐

You find it difficult to be in large crowds or busy public places because of the intense emotions you pick up on.

☐

You have a heightened sense of empathy and can easily pick up on the emotions of those around you.

☐

You experience tingling or warmth in your hands when touching certain objects.

☐

You feel physical sensations in your body that are not caused by any external factors.

☐

You know what two ingredients together will taste like, without having experienced it before.

☐

You have a heightened sensitivity to energy and can feel the emotions of others.

☐

You have a heightened sensitivity to sound and can identify unusual noises.

☐

You have a deep understanding of complex concepts or ideas without having to study or research them.

☐

You frequently experience synchronicities and coincidences that seem too meaningful to be random.

☐

You feel overwhelmed by other people's emotions, even if they are not expressing them directly to you.

☐

Find out more at [Mellb.com/Resources](https://www.mellb.com/resources)

SCORING 1 - 5

1 Never, 2 Rarely, 3 Sometimes, 4 Often, 5 Always

You have a strong gut feeling or intuition about people or situations.

☐

You have a heightened sense of empathy and can feel the emotions of others through touch.

☐

You can smell scents that others cannot detect.

☐

You can taste things out of the blue, without having put anything in your mouth.

☐

You have vivid dreams that often come true.

☐

You often hear messages or guidance from your intuition or spirit guides.

☐

You are able to accurately predict future events or outcomes without any prior knowledge or information.

☐

You have a deep understanding of complex concepts and can easily connect seemingly unrelated ideas.

☐

You have a strong intuition about how others feel, even if they try to hide it.

☐

You experience physical sensations in your body when you are around certain people or in certain places.

☐

You feel a physical sensation when touching objects or people.

☐

You are able to sense the presence of spirits or entities through smell or touch.

☐

You can identify ingredients or flavours in complex dishes.

☐

You frequently experience déjà vu.

☐

You hear voices or sounds that others cannot hear.

☐

Find out more at [Mellb.com/Resources](https://www.mellb.com/Resources)

CALCULATE YOUR RESULTS

- 1. Put your scores for each colour below.
- 2. Add your scores up

TOTAL
SCORE

Claire Cognisance

Claire Intelligence

Claire Empathy

Claire Sentience

Claire Tangence

Claire Salience

Claire Gustance

Claire Voyance

Claire Audience

Now write the order of your results from the highest score to the lowest score.
The highest score is your strongest sense. You most likely have a couple scoring similar.
Your multi-senses are often inter-connected.

Highest score

Claire

Claire

Claire

Claire

Claire

Claire

Claire

Claire

Lowest score

Claire

NOTES:

DATE _____

AWARENESS & STAGE

WHAT YOUR SCORE MEANS? READ YOUR RESULT BELOW.

It's important to note that these stages may not necessarily be linear, and individuals may go back and forth between them or experience them in different ways. Each person's journey of intuitive awareness and usage of their gifts is unique and may vary.

SCORES 0-5 AWAKENING

You might begin to notice your intuitive awareness and gifts such as clair empathy, which is the ability to feel and sense the emotions of others. You may start experiencing strong emotions or sensations that seem to come from outside of yourself, and begin to question and explore these experiences and why they are happening to you.

SCORES 6-10 RECOGNITION

You recognise that your experiences are not just random occurrences, but rather a unique gift that you possess. You might be starting to accept and acknowledge your clair sense abilities as a part of who you are, and may seek validation, understanding or confirmation from others who have similar gifts.

SCORES 11-15 INTEGRATION

You begin to integrate your clair empathy into your daily life. You learn to discern between your own emotions and the emotions you pick up from others. You start using your gifts consciously and intentionally to navigate life, social interactions, relationships, and situations. You may also start setting healthy boundaries to protect your own emotional well-being.

SCORES 16-20 REFINEMENT

You are starting to hone and refine your intuitive clair abilities. You practice and develop techniques to manage and control your empathic sensitivity, such as grounding, shielding, and self-care practices. You may also explore other modalities and tools to enhance your intuitive awareness, such as meditation, energy healing, or divination.

SCORES 21-25 SERVICE

You most likely use your clair gifts for the greater good. You may offer your empathic abilities to help others, such as providing emotional support, guidance, or healing to those in need. They may also use your gifts in your professional or creative pursuits, such as coaching, writing, or artistry, to make a positive impact on the world.

Find out more at Mellb.com/Resources

EMOTIONS AND MANAGEMENT

SOME WAYS YOU MAY BE EXPERIENCING YOUR EMOTIONS AND ENERGY

It's important to note that emotional management is an ongoing process, and you may experience different awareness at different points in their lives as you continue to grow and evolve. The progression through these stages may also be non-linear and unique to your individual life, personal development and circumstances.

SCORES 0-5 AWARENESS

You may become aware of their emotions and begins to recognize their impact on their thoughts, behaviors, and overall well-being. They may start noticing patterns or triggers that evoke certain emotions, and become mindful of their emotional experiences in different situations. For example, they may realize that they tend to get angry when they feel misunderstood or that they feel anxious in social settings.

SCORES 6-10 REGULATION

You are learning to regulate their emotions by developing healthy coping strategies and techniques to manage intense emotions. They may practice deep breathing, mindfulness, or other relaxation techniques to calm themselves when they are feeling overwhelmed. They may also learn to express their emotions in healthy ways, such as through journaling, talking to a trusted friend, or engaging in physical activities.

SCORES 11-15 UNDERSTANDING

You may seek to understand the underlying causes and meaning behind your emotions, such as exploring your past experiences, beliefs, and values that shape your emotional responses. You may also develop empathy and perspective-taking skills to understand the emotions of others and how it affects your interactions with them. You may for example realise that fear of abandonment stems from childhood experiences.

SCORES 16-20 TRANSFORMATION

You are actively working towards transforming your unhealthy emotional patterns into healthier ones. You may challenge your negative thought patterns, reframe your beliefs, and practice self-compassion and forgiveness. You may also have learned how to communicate your emotions effectively, set healthy boundaries, and make positive changes in your lifestyle or environment that supports your emotional well-being.

SCORES 21-25 SELF-MASTERY

You have attained a high level of emotional intelligence and self-mastery. You have a deep understanding of your emotions and are skilled at regulating them in a healthy and adaptive way. You have a strong sense of self-awareness, resilience, and emotional agility, and are able to navigate life's challenges with grace and equanimity. You may serve as a role model or mentor for others in their emotional management journey.

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