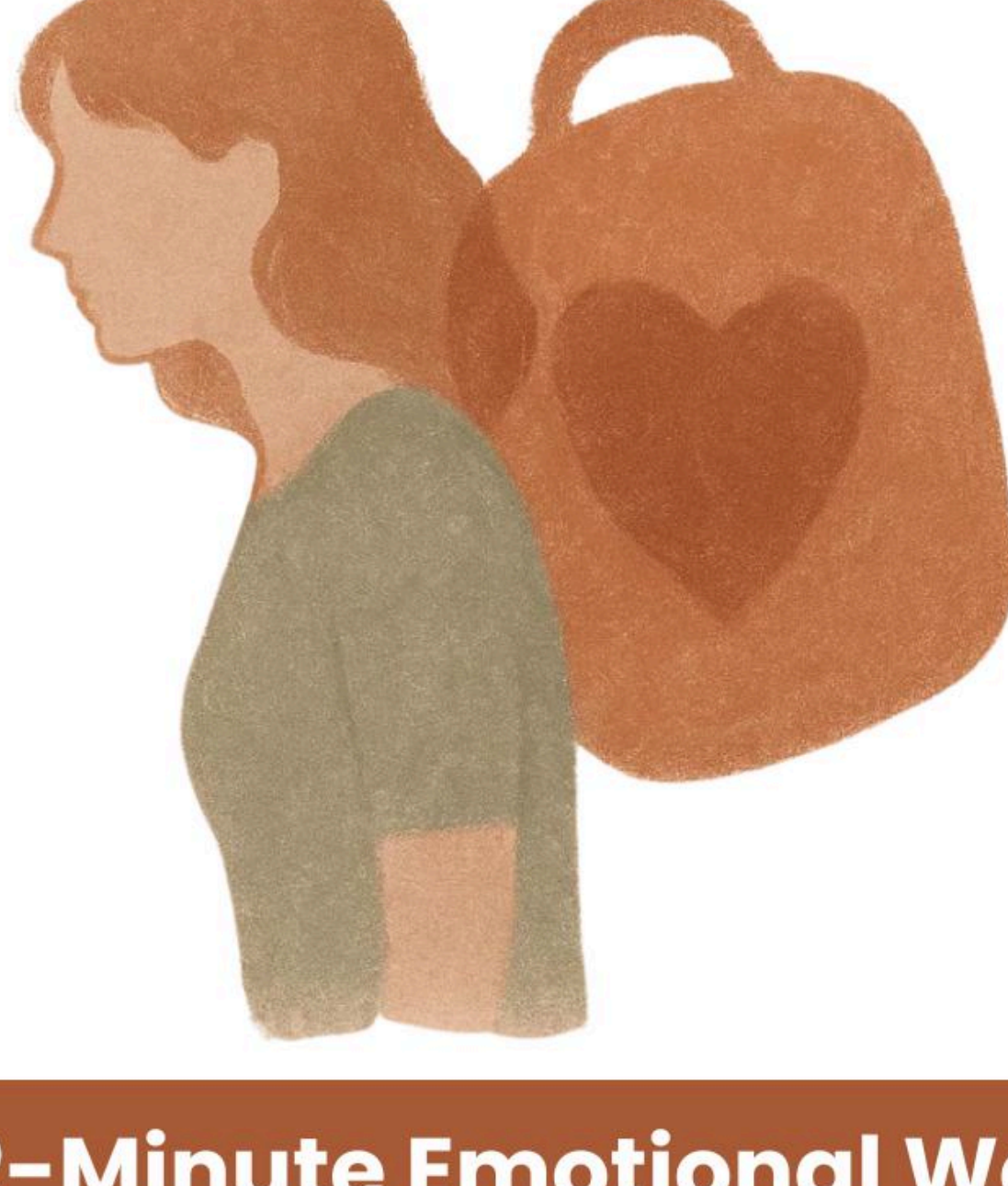


How Much Emotional Weight Are You Carrying?



Take the 2-Minute Emotional Weight Quiz

Discover what's been weighing you down — and how to release it.

Emotional weight shows up in ways we don't always notice—fatigue, irritability, chronic pain, lack of joy. This quiz will help you tune into what you're holding (and how to lighten the load).



Do you often feel overwhelmed or emotionally drained, even without a clear reason?

Scale 1–5



Do you tend to avoid feeling or expressing your emotions?

Scale 1–5



Do your emotions linger longer than you'd like (sadness, fear, frustration)?

Scale 1–5



Do you feel disconnected from your intuition, inner wisdom, and guiding light?

Scale 1–5



Do you say "yes" when you really want to say "no" (out of guilt, obligation, duty & responsibility)?

Scale 1–5



Do you struggle to identify what you need emotionally or energetically to help things "work out" for you?

Scale 1–5



Do you feel physically heavy, sluggish, or tense, even after sleeping?

Scale 1–5



Do you over-function or take on others' emotions/needs before your own?

Scale 1–5



Do you frequently experience chronic physical symptoms (e.g., headaches, digestive issues, urinary imbalances, dizziness, nausea) that doctors can't explain?

Scale 1–5

What Your Score Says About You

Score 9–17



Light Load

You've done some emotional clearing, but it's time for a deeper check-in.

A **custom essential oil blend** can help strengthen your emotional boundaries and restore inner peace.

Score 18–32



Moderate Weight

You're carrying emotional residue and likely absorbing more than you realize.

A **personalized Intuitive Scent Reading** will guide you to release stored emotions and reconnect with your inner voice.

Score 33–45



Heavy Emotional Load

You're emotionally and energetically maxed out.

It's time to recalibrate with a **custom blend + guided scent session** to release what no longer serves you and restore clarity and calm.

Ready to Let Go of the Emotional Weight?



Book your **Intuitive Scent Reading** and receive a **custom emotional support blend** made just for you.

[Learn More](#)

www.jennscents.com