

Survival Pattern Assessment

A Nervous System + Emotional Awareness Self-Evaluation

This assessment is designed to help identify emotional survival patterns, nervous system dysregulation, relationship behaviors, and unconscious coping responses.

Instructions

Rate each statement from 1–5 based on how often it feels true for you. **1** = Rarely True **2** = Occasionally True **3** = Sometimes True **4** = Often True **5** = Almost Always True

Fight Response

#	Statement	1	2	3	4	5
1	I become controlling when I feel emotionally unsafe.					
2	I struggle with irritability or frustration under stress.					
3	I feel the need to defend myself quickly.					
4	I become reactive during conflict.					
5	I have difficulty relaxing or slowing down.					

Flight Response

#	Statement	1	2	3	4	5
1	I stay constantly busy to avoid uncomfortable feelings.					
2	I overthink decisions and situations.					
3	I feel anxious when things are uncertain.					
4	I avoid stillness or emotional vulnerability.					
5	I struggle to fully rest without guilt.					

Freeze Response

#	Statement	1	2	3	4	5
1	I shut down emotionally when overwhelmed.					
2	I feel stuck or unable to take action.					
3	I disconnect from my emotions or body.					
4	I procrastinate when stressed.					
5	I feel numb or emotionally exhausted.					

Fawn Response

#	Statement	1	2	3	4	5
1	I prioritize others' needs over my own.					
2	I fear disappointing people.					
3	I avoid conflict to keep peace.					
4	I struggle with boundaries.					
5	I seek approval to feel safe or valued.					

Intuition + Self-Trust

#	Statement	1	2	3	4	5
1	I second-guess my inner knowing.					
2	I ignore red flags or gut feelings.					
3	I struggle trusting my own decisions.					
4	I look outside myself for validation.					

5	Fear often overrides clarity.					
---	-------------------------------	--	--	--	--	--

Assessment Reflection

High scores in a category may indicate dominant nervous system survival responses affecting emotions, relationships, intuition, communication, and decision-making. These patterns are not personality flaws. They are adaptive protective responses developed through stress, emotional conditioning, trauma, chronic overwhelm, or relational experiences. Awareness creates the opportunity for regulation, healing, boundary development, and behavioral change.

Reflection Questions

Which survival response feels strongest in my life right now?

How do these patterns affect my relationships and emotional wellbeing?

Where do I feel disconnected from self-trust or intuition?

What situations activate my nervous system most intensely?

What support, boundaries, or practices could help create more regulation and clarity?

Closing

Healing begins when survival is no longer mistaken for identity. The goal is not perfection. The goal is awareness, regulation, self-trust, and the ability to respond to life from clarity instead of protection.