



BY SHANNON MACK

# THE SURVIVAL MODE SELF ASSESSMENT

A CLARITY ROADMAP TO SPOT  
WHERE SURVIVAL MODE STILL RUNS  
YOUR LIFE

## **INTRODUCTION**

Survival mode isn't always loud. It doesn't always look like juggling three jobs or fighting to keep the lights on. More often, it shows up in silence — in the guilt you feel when you rest, in the way you hold on to people who hurt you, or in the dreams you've put on pause because survival felt more urgent than growth.

This self-assessment is not about passing or failing. It's about holding up a mirror. It's here to help you recognize the subtle ways survival mode may still be shaping your thoughts, choices, and relationships. The behaviors might feel normal — even necessary — but they could be the very patterns keeping you from moving forward.

As you move through these statements, remember: honesty is more powerful than perfection. Your answers are not a verdict on your life — they are a reflection of where you've been and an invitation to where you can go. Every score is simply information, and information is what gives you the power to change.

# SURVIVAL MODE ASSESSMENT

The following statements are divided into themes. Each one highlights a different way survival mode might show up in your life. As you go through, notice which areas feel the heaviest.

## WORK & WORTH

### QUESTIONS:

### RATING SCALE:

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

I feel guilty when I rest, even if I'm exhausted.

    

I measure my worth by how much I'm doing, not who I am.

    

I overcommit or say "yes" too often in order to prove my value.

    

I feel like I have to be productive all the time or I'm falling behind.

    

There are no right or wrong answers here. Your responses are simply a reflection of where survival mode still lingers and where growth is waiting.

## RELATIONSHIPS & SUPPORT

I hold onto people or situations long after they've hurt me because letting go feels unsafe.

    

I struggle to ask for help because I don't believe anyone will truly show up.

    

I often feel unseen or unsupported, even when surrounded by people.

    

I tolerate relationships that drain me because I fear being alone.

## DREAMS & VISION

### QUESTIONS:

### RATING SCALE:

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

I shrink my dreams to feel “realistic” instead of allowing myself to imagine more.

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I've put important goals on pause because survival felt more urgent.

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I don't fully trust joy or peace because they feel temporary.

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I doubt I deserve the success or freedom I imagine for myself.

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## TRIGGERS & EMOTIONS

Small present-day triggers often bring up big emotions tied to old wounds.

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I replay past hurts or failures when something goes wrong now.

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I hide parts of my struggle so people think I'm “okay.”

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I avoid facing my true feelings because I don't want to feel weak.

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## CONTROL & FEAR

I believe things will fall apart if I stop pushing.

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I avoid letting go of what no longer serves me because change feels dangerous.

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I feel safer controlling situations than trusting people.

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I fear that if I don't hold everything together, I'll lose everything.

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# **CONCLUSION & REFLECTION**

## **SCORE GUIDE**

- **20–40 (Low)** → Survival mode has less control over your life, but stay mindful of areas where it still shows up.
- **41–70 (Moderate)** → Survival mode is active in key areas and may be holding you back more than you realize.
- **71–100 (High)** → Survival mode is running your life — awareness is your first step to breaking free.

## **REFLECTION PROMPT**

- Which category had the highest scores: Work, Relationships, Dreams, Triggers, or Control?
- What patterns stood out when you reviewed your answers?

## **ACTION STEP**

Now that you've spotted where survival mode shows up, you can begin to shift from reaction to intention. Pair this self-assessment with the other tools in this series — *The Silent Side Journal* and *The Breakthrough Blueprint* — to start rewriting the patterns and building a new way forward.

## **MOTIVATIONAL CLOSER**

Survival mode may have been how you got here, but it doesn't have to be how you move forward. The fact that you've taken the time to get honest with yourself means you're already breaking the cycle.