



WELCOME HOME.



Have You Been Leaving Yourself Behind?

A Gentle Self-Assessment

Discover the quiet ways women
learn to abandon themselves...
and the first small step toward
coming home again.



THE WAY HOME
COLLECTIVE



BE SEEN. BE HELD. BE HOME.





Before We Begin...



This isn't a test.

There are no right answers.
No grades. No diagnosis.



These questions simply help
you notice patterns that may
have developed while you were
trying to survive.



If several statements feel familiar...

it doesn't mean something is
wrong with you.

It means your nervous system
became incredibly good at
protecting you.



Today, we are simply
becoming *aware*.



Because awareness is
where healing begins.



Be honest. Be gentle. Be you.

There's no rush. Take your time. You are safe here.

Welcome home. ♥



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BE SEEN. BE HELD. BE HOME.



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Part 1

You & Yourself

The way you treat yourself sets the tone for everything.



These questions help you explore your self-trust, self-worth, and how you care for yourself when no one else is watching.



HOW TO ANSWER:

- ♥ Read each statement and choose the option that feels most true for you.
- ♥ There are no right or wrong answers. Be honest and gentle with yourself.
- ♥ Choose only one answer for each question.



CHOOSE THE ANSWER THAT FEELS MOST TRUE FOR YOU.



- | 1 | 2 | 3 | 4 | 5 |
|----------------|----------------|----------------|---------------|----------------|
| Rarely | Sometimes | Often | Almost Always | Always |
| (Almost Never) | (Occasionally) | (Pretty Often) | (Very Often) | (Consistently) |



1. I speak to myself with kindness and respect.

1

2

3

4

5



2. I feel worthy of love, even when I make mistakes.

1

2

3

4

5



3. I listen to my needs and honor them.

1

2

3

4

5



4. I set boundaries that protect my peace.

1

2

3

4

5



5. I trust myself to make good decisions.

1

2

3

4

5



6. I choose rest without feeling guilty.

1

2

3

4

5



This part is about noticing, not judging.

Every small moment of self-kindness helps you come home to yourself.



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It's been in you all along.





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Part 2

Your Relationships With Other People



These questions help you explore patterns that may show up
in your relationships with others.

You are not your patterns. You are the awareness behind them.

For each statement, circle the option that best reflects
how true it feels for you *most of the time*.

	Never 0	Rarely 1	Sometimes 2	Often 3	Almost Always 4
1. I often put other people's needs ahead of my own.	☐	☐	☐	☐	☐
2. I fear disappointing people or being misunderstood.	☐	☐	☐	☐	☐
3. I stay in relationships longer than I should.	☐	☐	☐	☐	☐
4. I have a hard time setting or keeping boundaries.	☐	☐	☐	☐	☐
5. I find it hard to speak up for myself.	☐	☐	☐	☐	☐
6. I feel responsible for other people's feelings.	☐	☐	☐	☐	☐
7. I attract emotionally unavailable or inconsistent people.	☐	☐	☐	☐	☐
8. I ignore red flags because I don't want to be alone.	☐	☐	☐	☐	☐



You don't
have to have
it all figured out
to begin coming
home to yourself.



Relationships can be beautiful mirrors.
They help us see what we are ready to heal.

You are allowed to choose differently.



Part 3

Your Relationship With Patterns



These questions help you gently explore the patterns you may find yourself repeating.

Awareness brings choice.

Choice creates change.



For each statement, circle the option that best reflects how true it feels for you *most of the time*.

	Never 0	Rarely 1	Sometimes 2	Often 3	Almost Always 4
1. I notice myself repeating the same relationship patterns.	☐	☐	☐	☐	☐
2. I ignore red flags because I hope things will change.	☐	☐	☐	☐	☐
3. I rush into connection before I really know someone.	☐	☐	☐	☐	☐
4. I confuse intensity with love.	☐	☐	☐	☐	☐
5. I stay longer than I should, hoping things will get better.	☐	☐	☐	☐	☐
6. I blame myself when a relationship struggles or ends.	☐	☐	☐	☐	☐
7. I have a hard time trusting that good things can last.	☐	☐	☐	☐	☐
8. I am ready to break free from patterns that no longer serve me.	☐	☐	☐	☐	☐



You are
not here to
repeat your
story.



You are here
to rewrite it
with love and
self-trust.



Patterns were created to protect you.

You are allowed to release what is no longer protecting you.

You are allowed to choose you.





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Part 4

Your Nervous System & Body

These questions help you explore how your nervous system has been protecting you and what your body has been carrying.

Your body has wisdom. It has been with you through everything. Now it's safe to listen.



For each statement, circle the option that best reflects how true it feels for you *most of the time*.

	Never 0	Rarely 1	Sometimes 2	Often 3	Almost Always 4
1. I often feel tension, tightness, or discomfort in my body.	☐	☐	☐	☐	☐
2. I get overwhelmed easily, even by small things.	☐	☐	☐	☐	☐
3. My body reacts before my mind feels safe.	☐	☐	☐	☐	☐
4. I have a hard time calming my nervous system.	☐	☐	☐	☐	☐
5. I numb out, shut down, or check out to cope.	☐	☐	☐	☐	☐
6. I feel exhausted even after rest or sleep.	☐	☐	☐	☐	☐
7. I struggle to feel grounded or present.	☐	☐	☐	☐	☐
8. I am learning to regulate my nervous system with kindness.	☐	☐	☐	☐	☐



Your body
has been protecting
you in the best
way it knew how.



You are allowed
to listen with
compassion.



Your nervous system has been doing its job.
You are safe to soften, breathe, and come home to yourself.

You are allowed to heal at your own pace. ♥





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Part 5

Trusting Yourself Again



These questions help you explore your relationship with self-trust and your ability to come back to yourself.

You are allowed to choose you.

You are allowed to believe in yourself again.



For each statement, circle the option that best reflects how true it feels for you *most of the time*.

	Never 0	Rarely 1	Sometimes 2	Often 3	Almost Always 4
1. I am learning to listen to my intuition and inner knowing.	☐	☐	☐	☐	☐
2. I trust myself to make the best decisions I can.	☐	☐	☐	☐	☐
3. I follow through on promises I make to myself.	☐	☐	☐	☐	☐
4. I choose my peace, even when it's hard.	☐	☐	☐	☐	☐
5. I speak to myself with kindness and understanding.	☐	☐	☐	☐	☐
6. I am proud of the progress I'm making.	☐	☐	☐	☐	☐
7. I believe I deserve a peaceful, love-filled life.	☐	☐	☐	☐	☐
8. I am excited about the woman I am becoming.	☐	☐	☐	☐	☐



Self-trust is built in small moments of choosing you.



You are allowed to be your own safe place.



You have everything you need to come home to yourself. Trust is not built overnight—it's built every time you choose you.

You are allowed to trust yourself again. ♥





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Take a Breath



You just did something
incredibly brave.



Before we add up your answers...
Notice how you feel.



There is *no wrong outcome* here.



Every answer is simply
another *breadcrumb*
leading you *home.*



When you're ready, you can total your answers
and see what they reveal.
There's no rush. You are safe to take your time.



You are not behind.
You are not broken.
You are becoming.

Thank you for meeting yourself here.
You are *so* worth this. ♥





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Scoring Your Assessment



Now that you've completed all five parts of your assessment, you can total your answers to see what they reveal.

This is not about labels.

*It's about understanding where you are
so you can choose where you want to go.*



HOW TO SCORE

1. Add up the total from each section (Part 1–5).
2. Write your subtotal for each part below.
3. Add all five subtotals together for your grand total.
4. Find your score range in the guide below to see what it means.

PART 1
YOURSELF

PART 2
RELATIONSHIPS

PART 3
PATTERNS

PART 4
BODY

PART 5
TRUST

=

YOUR
GRAND TOTAL

WHAT YOUR SCORE MEANS

TOTAL SCORE	WHAT IT MEANS	WHERE YOU ARE 
0 – 40	You've been carrying a heavy load for a long time.	You may feel stuck, overwhelmed, or disconnected. You've been surviving more than living.
41 – 80	You're ready for change but still in the thick of it.	You're aware of patterns that no longer serve you and you're beginning to want something different. 
81 – 120	You're on your healing path and making real progress.	You're learning new ways of being and choosing yourself more often. 
121 – 160	You're building a strong foundation of self-trust and inner safety.	You're living more aligned with your truth and supporting your growth with compassion. 
161 – 200	You're deeply connected to yourself and living from self-trust.	Keep nurturing your practices and helping others by your example. 



This is your starting
point, not your
ending point.



Awareness is the
first step home.



Wherever you land, you are exactly where you need to be.

You are not behind. You are becoming. 





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The Journey Continues



Thank you for taking the time to meet yourself here.

This is a beautiful act of self-love and courage.

You've done the brave work of looking within.

Now, you get to choose what comes next.



1. Read Your First Letter

If today's assessment stirred something inside you... start here.

The Letters were written to remind you that healing doesn't happen all at once. It happens one safe step at a time.



2. Explore the Fireside

Sit with us awhile.

Read stories, reflections, and practical healing articles created for women walking this same path.



3. Continue Your Healing

When you're ready...

The Healing Library offers deeper guides, journals, and tools to help you rebuild trust with yourself and create a life that finally feels like home.



There is nowhere you have to rush.

Come back whenever you're ready.

We'll leave the light on.



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