

# The 5 Shadow Wounds Quiz

Discover the hidden wound that keeps you  
trapped in the same painful cycles



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## *Introduction*

You have done the affirmations. You have tried to forgive. You have told yourself you would never end up here again.

And yet here you are. Standing in the rubble of another relationship, another betrayal, or another moment where life ripped the mask off and showed you a pattern you cannot outrun. Maybe it was the breakup that finally shattered you. Maybe it was the betrayal you never saw coming from someone you trusted completely. Maybe it was a health crisis, a death, or a moment of spiritual awakening so intense it tore through the life you had carefully built and exposed the fractures underneath.

Whatever it was, it showed you something you cannot unsee: so much of what you constructed was built on unexamined wounds, inherited beliefs, and patterns you kept repeating without understanding why.

You are not broken. You are not failing. You are not losing your mind. But you are disoriented. You are raw. And you are angry in ways that most spiritual spaces will never give you permission to be.

Every resource you find tells you to let it go, raise your vibration, think positive. And something inside you wants to scream, because you know in your bones that the path forward is not soft and passive. It is fierce. It is active. It requires you to go down, not up.

This quiz exists because you deserve a real starting point. Not another generic list of healing tips. Not another meditation that skims the surface. You need to know the specific wound that is running the show beneath every repeated cycle, every painful relationship pattern, every moment you abandon yourself to keep the peace.

Once you can name it, you can face it. And once you face it, the pattern loses its grip on you. There are five main core shadow wounds. One of them is dominant in your life right now. Let's find it.

Before you begin the quiz, read through these main five core shadow wounds. You will likely feel a pull toward more than one. That is normal. Most people carry echoes of all five. But one wound is dominant, and that dominant wound is the one creating the loudest, most painful patterns in your life right now.

### **The Wound of Abandonment**

This wound formed when you learned, early and viscerally, that the people you love will leave. It does not matter whether they left physically, emotionally, or energetically. What your nervous system absorbed was this: you are not enough to make someone stay. Every relationship you enter now carries this wound's fingerprint. You either cling until you suffocate the connection, or you leave first so you never have to feel the devastation of being left again.

## **The Wound of Betrayal**

This wound was carved by someone you trusted who violated that trust in a way that restructured your understanding of safety. A parent who was supposed to protect you. A partner who promised loyalty. A friend who turned. What your psyche learned was that love and danger live in the same body. Now you are hypervigilant. You scan for threats in every intimate connection. You build walls and call it wisdom, but underneath the walls, you are exhausted from never being able to rest inside someone else's care.

## **The Wound of Shame**

This wound tells you that there is something fundamentally wrong with who you are. Not something you did. Who you are. It was installed by environments that punished your authentic expression, your desires, your body, your emotions, your needs. You learned to perform an acceptable version of yourself while the real you stayed hidden. The shame wound does not just make you hide. It makes you believe you deserve to hide.

## **The Wound of Powerlessness**

This wound was created in moments where your autonomy was taken from you, where your voice was silenced, where your no did not matter, where you were made small by someone else's dominance. You learned that the world is something that happens to you, not something you can shape.

Now you struggle to make decisions, to claim space, to trust your own authority. You defer, you people-please, you shrink, and then you rage at yourself for shrinking.

### **The Wound of Invisibility**

This wound formed when you were consistently unseen, unheard, or dismissed. Your emotions were ignored. Your accomplishments were overlooked. Your presence in a room did not seem to register. You learned that you do not matter enough to be noticed. Now you either overperform to earn visibility or you withdraw entirely, convinced that no one would notice if you disappeared.

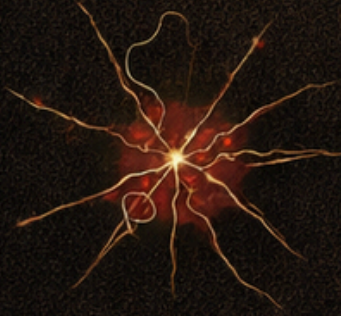
Read those again slowly. Notice which descriptions made your chest tighten. Notice which ones made your eyes sting. Notice which one you wanted to skip over because it hit too close.

That noticing is data. Hold onto it as you move into the quiz.

Your anger, your disorientation, your grief: these are not signs of failure. They are signals. They are pointing you directly toward the wound that needs your attention. Trust the signal.



Abandonment



Betrayal



Shame



Powerlessness



Invisibility

# The Quiz

For each question, choose the response that feels most true in your body. Do not choose the answer you think is the healthiest or the most evolved. Choose the one that reflects your honest, instinctive reaction, the one that happens before you have time to filter yourself.

Record the letter of each answer. Your scoring guide follows the final question.

**Question 1:** Someone you love starts pulling away. They are not responding to your messages the way they used to. The warmth between you is cooling, and you do not know why. What happens inside you first?

A) Panic. Immediate, body-level panic. You start replaying every interaction looking for what you did wrong. You feel an overwhelming urge to reach out, to fix it, to close the gap before they disappear completely. The thought of them leaving makes it hard to breathe.

B) Suspicion. Your mind immediately starts building a case. Who else are they talking to? What are they not telling you? You feel the familiar tightening in your gut that says something is being hidden from you, and you start gathering evidence before they can blindsides you.

C) Shame spiral. You assume they finally saw the real you and decided you were too much, too intense, too flawed. You feel exposed and humiliated, even though nothing has actually been said. You start rehearsing a more palatable version of yourself that might win them back.

D) Resignation. A flat, heavy feeling settles in your chest. Of course this is happening. You never really expected it to last. You feel the pull to withdraw before the rejection becomes official, because at least if you go quiet first, you can pretend it was your choice.

**Question 2:** You are in a conflict with someone who matters to you. They raise their voice or dismiss what you are saying. What triggers you the hardest?

A) The feeling that they are about to walk away from the conversation, from the relationship, from you. The conflict itself is secondary. What terrifies you is the possibility that this fight is the one that makes them leave.

B) The realization that they are not being honest. You can feel the manipulation underneath their words, the way they are rewriting what happened to make themselves the victim. The dishonesty enrages you more than the actual issue.

C) The moment they look at you with contempt or disgust. That look lands in a place so deep it feels ancient. You feel yourself shrinking, apologizing, trying to make yourself smaller so the contempt will stop.

D) The moment you realize your words are not landing. They are not hearing you. You could scream and it would not matter. You feel yourself going silent, shutting down, leaving the conversation internally even though your body is still in the room.

**Question 3:** Imagine that everyone in your life could suddenly see through every mask, every performance, every constructed identity you have ever built. They see the unfiltered, unedited truth of who you are. What is the version of you that you are most afraid they would see?

A) The one who is desperate. The one who would do almost anything to avoid being alone. The one whose need for connection is so consuming it feels bottomless. You are terrified they would see how much you need them and be repulsed by it.

B) The one who cannot trust anyone. The one who keeps score, who watches, who never fully surrenders into love because a part of you is always waiting for the betrayal. You are afraid they would see how guarded you really are and decide you are too damaged to love.

C) The one you have spent your whole life hiding. The parts of you that feel ugly, wrong, too dark, too hungry, too angry, too sexual, too intense. You are afraid they would see all of it and confirm what the shame has always whispered: that you are fundamentally unacceptable.

D) The one who feels powerless. The one who smiles and says everything is fine while inside you feel invisible and voiceless. You are afraid they would see that the strong, capable version of you is a performance, and underneath it you feel like you have no real impact on your own life.

**Question 4:** Your life has just fallen apart. A major loss, a crisis, a complete unraveling of something you thought was stable. What is your default coping mechanism in the first days and weeks?

A) You reach out compulsively. You call everyone. You text. You need someone, anyone, to tell you it is going to be okay, to stay close, to not leave you alone with this. Being alone with the pain feels dangerous in a way you cannot fully explain.

B) You go into investigation mode. You need to understand exactly what happened, who is responsible, and what the warning signs were that you missed. You comb through texts, conversations, memories. You need to build a complete picture so you can make sure no one ever gets past your defenses like that again.

C) You isolate. You pull away from everyone because you do not want anyone to see you like this. You feel a deep, cellular-level urge to hide until you have processed enough to present a version of yourself that is acceptable to the outside world. Letting people see you in the wreckage feels unbearable.

D) You go numb. You clean the house. You go to work. You handle logistics. People comment on how strong you are, how well you are holding it together. Inside, you feel nothing, or you feel everything but it is so far away it seems like it is happening to someone else. You learned a long time ago that falling apart is not an option.

**Question 5:** Think about the role you tend to play in your closest relationships, romantic, familial, and friendships. Which pattern do you recognize most honestly?

A) The one who gives more than they receive because you are unconsciously trying to make yourself indispensable. If you are needed, you cannot be left. You pour yourself into others and then feel hollow and resentful when they do not pour back with the same intensity.

B) The one who tests people. You create situations, sometimes consciously, sometimes not, that test whether someone will betray you. You push to see if they will stay honest. You withhold to see if they will fight for you. Part of you knows

this is destructive, but you cannot stop because the alternative is trusting blindly, and that is where you got destroyed before.

C) The one who shapeshifts. You become whatever the other person needs you to be. You mirror their interests, their opinions, their energy. You are so skilled at this that most people have no idea they have never actually met the real you. You are not even sure the real you would be someone anyone could love.

D) The one who disappears. You are physically present but energetically absent. You let others make decisions. You go along with plans that do not reflect what you actually want. You have an entire inner world that no one in your life has access to because you stopped believing anyone would care to see it.

**Question 6:** You are standing at the threshold of a massive personal transformation. You can feel the old version of you dying. Something new is trying to emerge. Which mythological image pulls you the strongest, not the one you think is the coolest, but the one that makes something deep in your body respond?

A) A warrior standing alone on a battlefield after everyone else has fled. They are wounded but still standing. They do not

need an army. They need to know that their own loyalty to themselves is enough. The battle they are fighting is the one to stop abandoning themselves the way others abandoned them.

B) A queen/king walking through a burning throne room. The kingdom they built with someone they trusted has been set on fire, and they are the one who lit the match. They would rather rule over ashes than live in a palace built on lies. They are reclaiming the throne on their own terms.

C) A shapeshifter standing in front of a mirror that shows every form they have ever taken for other people. One by one, the false forms are burning away. Underneath all of them is a face they have never seen before: their own true nature. They are terrified. They are also, for the first time, free.

D) A dragon that has been chained underground for centuries. The chains are breaking. It can feel the fire building in its chest, fire it was told was dangerous, too much, something to be ashamed of. It is rising. The ground above it is about to crack open. The world is not ready for it. The dragon is coming anyway.

## Scoring Guide

Count up how many times you chose each letter.

**Mostly A's:** Your dominant wound is **Abandonment**. Your result profile is The Abandoned Warrior.

**Mostly B's:** Your dominant wound is **Betrayal**. Your result profile is The Betrayed Queen/King.

**Mostly C's:** Your dominant wound is **Shame**. Your result profile is The Shamed Shapeshifter.

**Mostly D's:** Your dominant wounds are **Powerlessness and Invisibility combined**. Your result profile is The Silenced Dragon.

**If you have a tie:** Read both result profiles. The one that makes you feel the most exposed is your dominant wound. Your shadow does not live where you feel comfortable looking. It lives where you flinch.

Now scroll to your result profile below.



## **YOUR DOMINANT SHADOW WOUND RESULT PROFILES**

### **THE ABANDONED WARRIOR**

The Wound of Abandonment installed a belief in your nervous system before you had words for it: the people you love will leave, and when they do, it will prove what you have always feared about yourself. That you are not enough. That something about you is fundamentally unworthy of someone choosing to stay.

This wound may have been created by a parent who left, physically or emotionally. By a caregiver who was inconsistent, present one day and gone the next. By a formative relationship that ended in a way that confirmed your deepest fear. The specific story matters less than what your body absorbed: love is conditional, and the condition is that you must earn it every single day or risk losing everything.

You attract partners and friends who are emotionally unavailable, inconsistent, or avoidant. This is not random. Your wound seeks out the familiar frequency of someone who might leave, because your nervous system is wired to scan for and respond to that specific threat. When you find someone stable and consistent, you often feel bored or suspicious, because safety does not register as love in your body. Love, to your wound, feels like the anxiety of wondering if they will stay.

You give excessively in relationships. You overfunction, overperform, and overextend yourself because somewhere deep inside you believe that if you stop being useful, you become disposable. And when someone does pull away, even slightly, even normally, your reaction is disproportionate to the situation. You feel the full weight of every abandonment you have ever experienced collapsing into that single moment.

Unreturned messages. Plans that get cancelled. A partner who needs space. A friend who starts spending time with someone new. Anything that signals even the possibility of being left activates a survival response in you that feels like life or death, because to the child inside you who first experienced this wound, it was.

The False Belief It Installed:

"I am only safe when someone else chooses me. Without that, I am nothing."

This belief drives everything. Your people-pleasing, your inability to set boundaries, your terror of solitude, your pattern of staying in relationships long past their expiration because being with the wrong person still feels safer than being alone.

Your Warrior Archetype: The Abandoned Warrior

The transformation path for this wound is learning to become the person who stays. Not for anyone else. For yourself. The Abandoned Warrior's initiation is the discovery that the loyalty they have been pouring into others belongs first to themselves. Their power is forged in the moment they stop chasing and stand still. They stop performing for love and start embodying it from within their own body. The sword they carry is discernment: the ability to distinguish between real love and the trauma bond their wound keeps calling love.

You are not too needy. You are not too much. The depth of your capacity for attachment is a strength that has been exploited by the wrong people and misdirected by an unhealed wound. When this wound is faced and integrated, your fierce loyalty becomes the foundation of the most powerful, grounded relationships of your life.



## **THE BETRAYED QUEEN/KING**

The Wound of Betrayal was carved into you by someone you trusted with the most vulnerable parts of yourself. They took what you gave them and they used it against you, or they simply revealed that they were never who they claimed to be. The devastation of betrayal is not just about what was done to you. It is about the annihilation of your reality. You thought you knew what was real. You thought you could read people. You thought your instincts were sound. And then the truth detonated everything.

This wound might trace back to a parent who was supposed to protect you but was the source of harm. To a partner who maintained a double life. To a friend who weaponized your secrets. To a system, a religion, an institution that promised safety and delivered violation. What your psyche learned was this: the closer someone gets, the more damage they can do. Intimacy is a threat vector.

You are drawn to intense, passionate connections because you want desperately to believe in love, but the moment real vulnerability is required, your internal defense system activates. You test. You investigate. You look for inconsistencies. You withhold parts of yourself as insurance, keeping an emotional escape route open at all times. People experience you as guarded, and they are right. What they do not see is the war happening behind your walls: the part of you that wants to surrender into trust fighting against the part that knows exactly how much surrender can cost.

You may also attract people who are dishonest or unfaithful, not because you are choosing poorly, but because your wound is magnetically tuned to the frequency of deception. You unconsciously seek situations that confirm the wound's core message. And when the betrayal happens again, there is grief, but there is also a dark satisfaction: I knew it. I knew I could not trust them.

**Your Emotional Triggers:**

Secrecy. Inconsistency between words and actions. The feeling of being managed or handled. Someone telling you to calm down when you are asking a direct question. Gaslighting of any kind, even subtle, will send you into a rage that feels ancient and enormous.

**The False Belief It Installed:**

"If I trust completely, I will be destroyed."

This belief keeps you in a constant state of low-grade hypervigilance that you have normalized as intelligence. You call your walls boundaries. You call your suspicion intuition. Sometimes it is. But much of the time, it is the wound speaking, and it is keeping out the very love and safety you want most.

**Your Warrior Archetype: The Betrayed Queen/King**

The transformation path for this wound is the reclamation of your own inner authority. The Betrayed Queen (or King) does not heal by learning to trust other people. She heals by learning to trust herself. Her initiation is the discovery that her ability to perceive truth is not broken. It was overwhelmed by someone who deliberately manipulated it. The fire she walks through burns away the false narratives she was fed and reveals her own knowing, intact and powerful underneath the rubble.

The Betrayed Queen or King's power, once reclaimed, is formidable. They become the ones who can see through deception without being destroyed by it. They set boundaries that are rooted in self-respect rather than fear. They choose who enters their inner circle with precision and clarity. And when they finally open the gates to someone worthy, the love they offer is deeper and fiercer than anything their wound told them they were capable of.

### **THE SHAMED SHAPESHIFTER**

The Wound of Shame is the most hidden of all the wounds because its entire function is concealment. This wound was installed by environments that punished you for being who you actually are. Maybe your emotions were too big. Maybe your body was wrong. Maybe your desires were dirty. Maybe your intelligence was threatening. Maybe your needs were treated as burdens. Whatever the specifics, the message you received was consistent and devastating: who you are, at your core, is unacceptable.

Shame is different from guilt. Guilt says I did something bad. Shame says I am something bad. And the Wound of Shame took that message and wove it into every cell of your identity until you could not separate yourself from it. You learned to survive by becoming someone else, someone palatable, someone approved of, someone safe.

You are a shapeshifter in your relationships. You mirror the people around you with extraordinary skill. You become what your partner wants, what your friends expect, what your family approves of. You are so good at this that people genuinely believe they know you, and the loneliness of that is staggering. Because the person they know is a performance. The real you has been

locked in a room since you were young, and you are not sure they would be loved if they walked out.

You attract people who love the performance, which means you attract people who do not actually love you. And when the relationship inevitably reaches a point where real intimacy is required, where the mask has to come off, you either sabotage the connection or you double down on the performance until you cannot breathe under the weight of it.

Your Emotional Triggers:

Being seen unexpectedly, without preparation or performance in place. Being called out. Being asked direct questions about what you actually want or feel. Compliments, because they land on the mask and you know the real you did not earn them. And the most excruciating trigger: someone genuinely trying to know you. Real curiosity about the person underneath the performance can send you into a panic.

The False Belief It Installed:

"If people saw the real me, they would be disgusted."

This belief is running your entire life. It determines who you date, what career you pursue, how you dress, how you speak, how much of your anger you allow to surface, how much of your desire you permit yourself to feel. You curate yourself constantly. You call it growth. You call it healing. But underneath it, there is a terrified inner voice asking one question over and over: If I stop performing, will anyone stay?

## Your Warrior Archetype: The Shamed Shapeshifter

The transformation path for this wound is radical exposure to yourself. Not exposure for the world. Exposure in the mirror first. The Shamed Shapeshifter does not heal by becoming better at performing authenticity. They heal by burning the masks and sitting alone with the face underneath them, even when it shakes. Their initiation is brutal because it requires the death of the identities that kept them safe. The Good Girl/Boy. The Spiritual One. The Easy One. The Chill One. The Accommodating One. The High Achiever. The Seductive One. The One Who Never Needs Too Much. Each mask served a purpose. Each mask protected you from rejection, punishment, humiliation. But each mask also kept her fragmented.

When the Shamed Shapeshifter begins to heal, they stop asking, "What will make me lovable?" and starts asking, "What is true?" That question becomes the blade. Not a blade they use against other people, but one they use to cut through self-deception.

Your power is terrifying to the world because it is uncontained. When you integrate your wound, your intensity becomes clarity. Your anger becomes discernment. Your desire becomes creative force. You become a person who no longer edits themselves to make others comfortable. And paradoxically, this is the first time you become truly magnetic.

You are not too dark. You are not too much. You are not fundamentally wrong. You were conditioned to believe that your raw edges would cost you love. The truth is that your raw edges are the portal to the deepest intimacy you will ever experience, if you are willing to let yourself be seen without armor.





## **THE SILENCED DRAGON**

The combined Wounds of Powerlessness and Invisibility were formed in environments where your voice did not matter and your presence did not register. You may have grown up around dominant personalities who took up all the space. You may have been the “easy” child who never caused problems and therefore never received attention. You may have learned very early that expressing anger, desire, or dissent resulted in punishment, dismissal, or emotional withdrawal.

What your nervous system absorbed was this: it is safer to be quiet. It is safer to be agreeable. It is safer to disappear.

You learned to survive by minimizing yourself. You became self-sufficient to a fault. You handled your own emotions. You made your own sense of the chaos around you. And you told yourself you did not need much, because needing felt dangerous.

You attract people who are strong, decisive, sometimes even controlling. Not because you consciously want to be dominated, but because their certainty feels stabilizing. You are used to orbiting around someone else’s center of gravity. It feels familiar.

In relationships, you often defer. You say “I don’t mind.” You go along with plans you do not actually want. You swallow discomfort because confrontation feels catastrophic. Over time, resentment builds like pressure underground. But instead of expressing it directly, you either implode silently or withdraw emotionally, convincing yourself that it is easier not to care.

People describe you as calm, low-maintenance, easy. Few people know how much you leave unsaid.

Your Emotional Triggers:

Being interrupted. Being dismissed mid-sentence. Someone making a decision for you without consulting you. Realizing you have not been asked what you want in a long time.

Being overlooked for opportunities you were qualified for. Watching louder people take credit while you stand quietly in the background.

These moments ignite something in your chest that feels volcanic. But because you learned that fire is dangerous, you clamp down on it. And every time you do, the wound deepens.

The False Belief It Installed:

"My voice does not matter. My needs are secondary. It is safer not to take up space."

This belief keeps you small in rooms you were meant to lead. It keeps you silent in conversations that require your perspective. It keeps you tolerating dynamics that drain you because asserting yourself feels like risking everything.

Your Warrior Archetype: The Silenced Dragon

The transformation path for this wound is reclaiming your fire.

The Silenced Dragon does not need to become louder than everyone else. It needs to become aligned with its own heat. Its initiation begins the moment it stops apologizing for having impact. The first time the dragon says "No" without overexplaining. The first time it expresses anger directly instead of swallowing it. The first time it chooses itself publicly and survives the discomfort of it.

The dragon's fire is not chaos. It is power. It is creative, protective, boundary-setting force. For years, you were told your fire would burn everything down. That if you took up space, you would be rejected. That if you asked for more, you were selfish.

But what was really dangerous was not your fire. It was your silence.

When the Silenced Dragon rises, it does not destroy indiscriminately. It incinerates the cages. It builds a life where its voice is central, not peripheral. It stops waiting to be invited and starts choosing its own path.

You are not too quiet. You are not weak. You are not invisible by nature. You were trained to be small. And the rage you sometimes feel, the sudden, irrational bursts of anger that surprise even you, are not proof that you are unstable. They are proof that something inside you has always known you were meant for more space than you were allowed to occupy.

Your healing is not about becoming softer. It is about becoming sovereign.

The world may not be ready for your full expression. That does not mean you are meant to stay underground.

The chains are not as strong as they once were.

## WHAT COMES NEXT?

Now you can see the wound. You can name the pattern. And that clarity is powerful, because you are no longer fighting something invisible. But naming the wound is the beginning of the work, not the whole of it.

The **Subconscious Explorer Path** was created for the exact place you are standing right now. It walks you through the deep process of healing and reintegrating your specific shadow wound(s) using guided journal prompts, meditations and exercises that take you beneath the surface, into the subconscious beliefs that have been running your patterns.

From there, it guides you through subconscious reprogramming and manifestation so you can replace the false beliefs your wound installed with ones that actually reflect the person you are becoming. It is designed to anchor the transformation into your daily life.

The final section is a meditation to meet directly your shadows and Dragon and reclaim your power.

You can begin the journey here: [The Subconscious Explorer Path](https://www.thedragonpaths.com/subconsciousexplorer)

(<https://www.thedragonpaths.com/subconsciousexplorer>)

You found your wound. Now you have a way to enter it with structure, with guidance, and with the fierceness this work demands. See you on the other side.