

5 Survival Habits Self-Assessment



Which Patterns Still Show Up for You?

Many strong ones developed survival habits early in life — not because they wanted to, but because those habits helped them manage responsibility, uncertainty, or emotional stress. *These habits often begin as protection. But over time, they can become patterns that shape relationships, responsibilities, and decision-making.*

Rate Each Statement

Habit #1 — People-Pleasing

I say yes when I feel overwhelmed.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I avoid conflict even when something bothers me.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I worry about disappointing others.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I prioritize others' needs before my own.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

Habit #2 — Over-Functioning

I take responsibility for things others could handle.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I fix problems before others ask.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I feel uncomfortable resting.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I feel responsible for keeping things running.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

Habit #3 — Hyper-Independence

I struggle to ask for help.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I prefer doing things alone.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I feel uneasy relying on others.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I believe others may not follow through.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

Habit #4 — Emotional Shutdown

I avoid sharing my feelings.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I feel numb or disconnected during stress.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I struggle to express vulnerability.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

I stay calm outwardly even when overwhelmed inside.

1 — Rarely 2 — Sometimes 3 — Often 4 — Very Often

Habit #5 — Perfectionism

I feel pressure to do things perfectly.

1 Rarely 2 Sometimes 3 Often 4 Very Often

I struggle with mistakes.

1 Rarely 2 Sometimes 3 Often 4 Very Often

I delay tasks because I want them done perfectly.

1 Rarely 2 Sometimes 3 Often 4 Very Often

I feel judged when things aren't done well.

1 Rarely 2 Sometimes 3 Often 4 Very Often

Add Your Scores

Add your ratings for each habit to find your total score.

People-Pleasing Total: _____

Over-Functioning Total: _____

Hyper-Independence Total: _____

Emotional Shutdown Total: _____

Perfectionism Total: _____

Which Habit Shows Up Most?

Which survival habit received the highest score? _____

Recognizing Your Pattern

When do you notice this habit showing up most in your life? _____

Your Survival Habits — Reflection Notes

- ☐ Use this space as a beginning for your exploration. When do you first remember using the habit(s)? Anyone else in your life have similar habits? OR, simply write what comes to mind.