

Are You Living in Survival Checklist



Check any that apply:

Body Signs

- Constant tension in shoulders, jaw, or chest
- Fatigue or burnout
- Difficulty sleeping or resting
- Feeling wired but tired
- Digestive or stress-related symptoms

Emotional Signs

- Anxiety or constant worry
- Irritability or emotional reactivity
- Feeling numb or disconnected
- Overwhelmed by small things
- Difficulty feeling joy or peace

Thinking Patterns

- Overthinking or worst-case thinking
- Feeling responsible for everything
- Difficulty switching off your mind
- Self-criticism or feeling “not enough”
- Trouble focusing or making decisions

Behaviour Patterns

- Overworking or staying busy
- Avoiding tasks or procrastinating
- People-pleasing
- Withdrawing from others
- Difficulty resting without guilt

Spiritual Signs (often overlooked)

- Feeling distant from God
- Struggling to receive peace or rest
- Knowing truth but not feeling it
- Feeling pressure to “try harder spiritually”
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Reflection

If you checked several boxes, your nervous system may be operating in survival mode.

This doesn't mean you are weak or broken. It means your system learned to protect you. Healing happens when your body experiences:

- Safety
- Regulation
- Truth
- Connection
- Gentle, repeated change

Scripture Encouragement

“He heals the brokenhearted and binds up their wounds.” Psalm 147:3

“Be transformed by the renewing of your mind.” Romans 12:2

“My peace I give to you.” John 14:27

Gentle Next Step

The ***Take Up Your Space*** pathway helps you:

- Understand your nervous system
- Recognise trauma responses
- Learn simple regulation tools
- Renew survival-based beliefs
- Heal at the spirit, soul, and body level

Freedom is possible.

Visit our website Learning Centre for more on the Take Up Your Space course programs.