

Free Resource: Nervous System Self-Assessment



Lions Arise – Take Up Your Space

Instructions

For each statement, rate how often it applies to you:

- 0 = Rarely
- 1 = Sometimes
- 2 = Often
- 3 = Most of the time

Section 1: Fight / High Activation (Sympathetic)

- I feel tense, on edge, or easily irritated
- I have difficulty relaxing or slowing down
- My mind races or overthinks constantly
- I feel pressure to stay busy or productive
- I become frustrated or reactive quickly
- I feel like I'm always "on"

Subtotal: _____

Section 2: Flight / Anxiety & Overdrive

- I feel restless or unable to sit still
- I stay busy to avoid feeling overwhelmed
- I worry about worst-case scenarios
- I struggle with sleep or switching off
- I feel a sense of urgency even when nothing is wrong
- I feel anxious if I'm not in control

Subtotal: _____

Section 3: Freeze / Shutdown (Dorsal Response)

- I feel numb, disconnected, or flat
- I struggle with motivation or energy
- I avoid tasks because they feel overwhelming
- I feel detached from my emotions or body
- I withdraw from people when stressed
- I feel exhausted even after resting

Subtotal: _____

Section 4: Regulation / Safety (Parasympathetic)

I can relax and feel calm in my body
I recover fairly quickly after stress
I feel present and connected with others
I can rest without guilt or anxiety
I feel safe enough to feel my emotions
I experience moments of peace or contentment

Subtotal: _____

Scoring Reflection

Highest score in:

- Sections 1–2 → You may be living in ***high activation / survival mode***
- Section 3 → You may experience ***shutdown or nervous system overwhelm***
- Section 4 → Your system has ***access to regulation and safety***

KeyInsight:

This is not a diagnosis. These responses are your nervous system's way of protecting you.

Your body learned survival.

It can also learn safety.