



How regulated is your nervous system?

(Discover where you are on the Survival–Creation Scale)

1. **When you experience stress, how long does it take you to feel calm again?**

- Within minutes (0)
- Within an hour (1)
- By the end of the day (2)
- A few days (3)
- I never fully feel calm (4)

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2. How would you describe your sleep most nights?

- | | |
|---|-----|
| Restful, wake refreshed | (0) |
| Usually good, occasional restless night | (1) |
| Light or broken sleep | (2) |
| Difficulty falling or staying asleep | (3) |
| Wake exhausted most mornings | (4) |



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3. How often do you experience feelings of anxiety, overwhelm, or racing thoughts?

- | | |
|-----------|-----|
| Never | (0) |
| Rarely | (1) |
| Sometimes | (2) |
| Often | (3) |
| Always | (4) |

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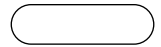
4. When you face a challenge, which best describes your energy?

- | | |
|--------------------------------|-----|
| Steady and focused | (0) |
| A little tense, but manageable | (1) |
| Easily distracted or unsettled | (2) |
| Physically tense and on edge | (3) |
| Completely shut down or frozen | (4) |



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5. How often do you experience digestive issues, tension headaches, or unexplained aches?

- | | |
|-----------|-----|
| Never | (0) |
| Rarely | (1) |
| Sometimes | (2) |
| Often | (3) |
| Always | (4) |

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6. How connected do you feel to joy, creativity, or a sense of purpose?

- | | |
|------------------------|-----|
| Deeply connected daily | (0) |
| Connected most days | (1) |
| Occasionally connected | (2) |
| Rarely connected | (3) |
| Almost never feel it | (4) |



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Your total score: