

ARE YOU IN SURVIVAL MODE?

Quiz

Here is a multiple-choice quiz designed to help you determine whether you are living in a state of calmness, mild survival mode, or severe survival mode based on the research:

1. How often do you feel overwhelmed by daily tasks?

- A) Rarely, I handle tasks with ease.
- B) Sometimes, I manage but feel stressed occasionally.
- C) Frequently, I feel like I'm constantly drowning in responsibilities.

2. How would you describe your sleep patterns?

- A) I sleep well most nights and wake up refreshed.
- B) My sleep is inconsistent, and I often wake up tired.
- C) I struggle with insomnia or wake up frequently, feeling exhausted.

3. How do you usually respond to minor inconveniences (e.g., traffic, long lines)?

- A) I stay calm and patient, knowing it's part of life.
- B) I get irritated but try to keep it under control.
- C) I become extremely frustrated or angry, and it ruins my mood.

4. How connected do you feel to your emotions?

- A) I feel emotionally balanced and in tune with myself.
- B) I sometimes feel disconnected or numb but can still manage.
- C) I often feel emotionally overwhelmed or completely numb.

5. How do you approach challenges or unexpected changes?

- A) I adapt easily and see them as opportunities.
- B) I feel anxious but try to push through.
- C) I panic or avoid them altogether, feeling paralyzed.

6. How do you perceive your relationships with others?

- A) My relationships are strong and supportive.
- B) I have some conflicts but generally manage well.
- C) My relationships are strained or distant, often filled with conflict.

7. How do you cope with stress?

- A) I use healthy coping mechanisms like exercise, meditation, or talking to someone.
- B) I sometimes resort to unhealthy habits like overeating or binge-watching TV.
- C) I often turn to substances, avoid responsibilities, or engage in self-destructive behaviors.

8. How do you feel about your ability to focus and make decisions?

- A) I can focus and make decisions with clarity and confidence.
- B) I struggle with focus but manage to make decisions after some effort.
- C) I often feel confused, struggle with focus, and make impulsive or poor decisions.

9. How often do you feel physically tense (e.g., tight muscles, headaches)?

- A) Rarely, I feel relaxed most of the time.
- B) Occasionally, I notice some tension but can release it.
- C) Frequently, I have chronic tension, headaches, or other stress-related symptoms.

10. How do you feel about your sense of purpose and direction in life?

- A) I feel a strong sense of purpose and direction.
- B) I sometimes question my purpose but generally feel I'm on the right path.
- C) I feel lost, disconnected from my purpose, or like I'm just surviving day-to-day.

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ANSWERS

To interpret your quiz results, simply count the number of A's, B's, and C's.

The letter with the highest count indicates your current state.

If you have an equal number of two letters, such as B's and C's, this suggests that you are experiencing some level of survival mode and stress.

Trust your own understanding of how you feel as you reflect on these results.

Scoring:

- Mostly A's: You are likely living in a state of calmness. You manage stress well and maintain balance in your life.
- Mostly B's: You may be experiencing mild survival mode. While you can handle stress, it is beginning to impact your well-being.
- Mostly C's: You are likely in severe survival mode. Stress is significantly affecting your physical, emotional, and mental health, and it may be time to seek help to regain balance.

How did you go in the quiz?

Was it what you expected or something completely different.