



SAFETY & SURVIVAL WOUNDS



What Are Safety and Survival Wounds?

Safety & Survival Wounds are not signs of weakness.

They are intelligent nervous system adaptations formed during times when your system perceived danger, instability, overwhelm, or threat.

These wounds can form: In early childhood. Preverbally (before language). In the womb. During birth. Through shock or trauma. Through ancestral or collective survival patterns. Through prolonged stress or instability.

They shape how safe it feels to: Relax. Rest. Be seen. Receive support. Trust life. Experience joy. Expand or succeed. Exist fully in your body.

Nothing here means something is wrong with you.

These patterns once helped you survive.

This assessment helps you gently uncover where your system may still associate safety with hypervigilance, contraction, or control, and where it may now be safe to soften.

Is This You?

You may resonate with this assessment if you feel chronically on edge or alert and relaxation feels unsafe. You struggle to feel grounded in your body. You fear sudden loss, collapse, or abandonment. You over-control to feel safe. You struggle to rest, receive, or expand. You feel background anxiety with no clear story. If safety feels conditional rather than embodied, this assessment is for you.

Instructions

This is a gentle awareness tool – not a diagnosis.

There are no right or wrong answers.

Its purpose is to help you:

- Notice how safety patterns show up in your body and nervous system
- Create a baseline (Before)
- Track regulation and integration after healing work (After)

This assessment is designed to be used alongside energy healing, clearing work, infusions, affirmations, and reflection.

How to Complete This Assessment

1. Read each statement slowly. Take a moment to notice what feels true for you *right now*.
2. Rate each statement from **0 to 10**, where:
0 = Not present **10 = Strongly present / recurring pattern**
3. Answer intuitively.
4. Use before and after healing work to measure change.

Higher scores simply show where your system is still requesting safety.

Safety & Survival Wounds – Self-Assessment

Section 1: Nervous System Regulation

My body sometimes finds it difficult to fully relax. ___ / 10

Calm can feel unfamiliar or slightly unsafe to me. ___ / 10

I often feel my system in survival mode (fight, flight, freeze, or fawn). ___ / 10

Section 2: Safety in the Body & Embodiment

I sometimes feel disconnected from my body. ___ / 10

Strong physical sensations can feel overwhelming or unsafe. ___ / 10

I notice myself avoiding being fully present in my body. ___ / 10

Section 3: Preverbal, Prenatal & Birth Imprints

I sometimes experience anxiety or unease without a clear explanation. ___ / 10

New beginnings or life changes can feel unsettling for me. ___ / 10

Part of me wonders if I was not fully welcomed or safe at the beginning of life. ___ / 10

Section 4: Existence & Belonging

I sometimes feel hesitant about taking up space. ___ / 10

Being visible can feel uncomfortable or unsafe. ___ / 10

Part of me questions whether it is truly safe to fully be myself. ___ / 10

Section 5: Physical & Environmental Safety

I sometimes worry about illness, harm, or my body breaking down. ___ / 10

Chaotic environments can make my system feel on high alert. ___ / 10

I sometimes struggle to feel settled in my surroundings. ___ / 10

Section 6: Emotional Safety

Strong emotions can feel overwhelming for me. ___ / 10

I sometimes shut down when emotions arise. ___ / 10

It can feel difficult to express my feelings safely. ___ / 10

Section 7: Attachment, Abandonment & Dependency

Separation or distance from others can create internal anxiety. ___ / 10

I sometimes overextend myself to avoid rejection or abandonment. ___ / 10

Relying on others can feel uncomfortable or unsafe. ___ / 10

Section 8: Control & Hypervigilance

I often find myself scanning for potential problems. ___ / 10

I sometimes feel responsible for preventing things from going wrong. ___ / 10

Letting go of control can feel uncomfortable or risky. ___ / 10

Section 9: Scarcity & Survival Fear

I carry a background worry about not having enough. ___ / 10

Part of me expects sudden loss or instability. ___ / 10

I sometimes anticipate things falling apart. ___ / 10

Section 10: Receiving & Support

I sometimes find it difficult to fully receive help. ___ / 10

Being supported can feel unfamiliar or uncomfortable. ___ / 10

Part of me feels safer handling everything alone. ___ / 10

Section 11: Rest, Stillness & Joy

Stillness can sometimes make me uneasy. ___ / 10

I sometimes struggle to enjoy joy without anticipating loss. ___ / 10

Rest can feel uncomfortable or unproductive. ___ / 10

Section 12: Expansion & Upper Limits

Growth or expansion can feel destabilising at times. ___ / 10

Peace or ease can feel temporary. ___ / 10

Success can create tension in my body. ___ / 10

Section 13: Ancestral & Collective Survival Patterns

Some survival fears I carry feel older than my own life. ___ / 10

I sometimes feel loyal to struggle or endurance. ___ / 10

Ease can feel unfamiliar in my family or lineage. ___ / 10

Section 14: Survival Contracts & Vows

Part of me feels committed to enduring hardship. ___ / 10

I sometimes believe safety must be earned. ___ / 10

I sense deep survival patterns operating in my life. ___ / 10

Section 15: Trust in Life

Part of me experiences life as fundamentally unsafe. ___ / 10

I sometimes struggle to trust that I will be supported. ___ / 10

Relaxing into life can feel risky. ___ / 10

Score Interpretation Guide

Use this guide for each item not the total score.

- 0–3 | Regulated & Integrated
- 4–6 | Active Survival Pattern
- 7–10 | Core Safety Wound Activation

Look at the sections, not the total score.

Before & After: Measuring Real Change

When you complete this assessment again later, look for:

- Lower scores
- Softer emotional reactions
- Less intensity in the body
- More choice, ease, or self-compassion

Even a small numerical shift in a score can represent a big internal re-patterning.

Reflection & Integration

1. My Top 3 Safety Wound Activations

1.

2.

3.

2. Body Awareness - Where do I feel contraction, numbness, or tension?

3. Emotional Awareness - What emotions arise most strongly?

4. Core Beliefs Noticed - What do I believe about safety, survival, rest, receiving, or existence?

5. Compassionate Witnessing - If these patterns were protecting me, what were they afraid would happen?

After Healing – Integration Reflection

You may like to complete this section after each level of clearing, use these as journal prompts as you work through the process or complete it when you have finished clearing all the layers.

6. What Has Softened?

7. What feels different in my body?

8. What New Sense of Safety is Emerging?

9. Self-Trust Statement: *I now allow myself to feel safe to...*

A Final Reminder

This work is not about fixing yourself. It is about teaching your nervous system that the danger has passed.

You are allowed to: Relax. Be supported. Rest. Receive. Expand. Thrive. Exist.

Safety can be embodied. And your system can learn it.

If you would like support clearing these Safety & Survival Wounds, you are welcome [to book a session](#) if/when it feels aligned. This work is done gently, safely, and at your nervous system's pace.