



Sisterhood Wounds Self-Assessment

Comparison • Trust • Power • Love • Expression • Collective Healing

What Are Sisterhood Wounds?

Sisterhood Wounds are not about blaming other women or past relationships. They reflect emotional, energetic, and often ancestral patterns that can form through experiences of comparison, exclusion, betrayal, judgment, competition, or disconnection between women.

These wounds can arise from childhood friendships, school dynamics, workplace environments, cultural conditioning, family patterns, social media comparison, or even the collective, family systems, past lives, and ancestral imprints of feminine division.

They often shape how safe it feels to trust other women, be seen by them, collaborate, or fully express your power, beauty, voice, and truth in feminine spaces.

Sisterhood wounds can show up as comparison, jealousy, fear of visibility, difficulty trusting women, people-pleasing in female relationships, or feeling unsafe being fully yourself around other women.

Nothing here means something is wrong with you. These are adaptive patterns that once protected you from rejection, exclusion, or emotional harm. This assessment simply helps you gently notice where healing is ready, and where your nervous system is learning that sisterhood can now feel safe again.

Is This You?

You may resonate with this assessment if you often compare yourself to other women, feel on alert, unsafe or guarded in female friendships, struggle with trust between women, feel triggered by other women's success, have been targeted by women when you have experienced success, or find it hard to fully relax into sisterhood without overthinking, withdrawing, or performing.

If being around women brings up tension, self-doubt, competition, or emotional reactivity, this assessment is for you.

Instructions

This self-assessment is a gentle awareness tool – not a test and not a diagnosis.
There are no right or wrong answers.

Its purpose is to help you:

- Notice how sisterhood wounds may currently show up in your thoughts, emotions, body, and relationships
- Create a clear baseline (Before)
- Track shifts, softening, and healing after energy work or integration (After)

How to Complete This Assessment

1. Read each statement slowly and notice your immediate response.
2. Rate each statement from **0 to 10**, where:
 - 0 = Not present / not an issue
 - 10 = Strongly present / recurring pattern in my life
3. Choose the number that reflects your **overall experience**, not one moment.
4. Answer intuitively, your first response is usually the most accurate.
5. Avoid overthinking or trying to “perform well.”
6. Complete this:
 - Before sisterhood healing work
 - After healing sessions (and optionally over time)

Important Notes

- Higher scores highlight where healing, safety, or integration is most needed
- Emotional activation may arise, pause, breathe, and return when grounded
- This is for awareness, not self-judgment
- Some patterns may be ancestral, collective, or energetic rather than personal experience alone
- Healing sisterhood wounds is not about becoming different, it’s about remembering safety with women again

Section 1: Comparison & Competition

- I compare myself to other women and feel “less than” or “more than” ____ / 10
- I feel triggered when other women succeed or are praised ____ / 10
- I believe there is not enough success, love, or attention for all women ____ / 10

Section 2: Jealousy & Self-Worth Triggers

- I feel jealousy or resentment toward other women’s beauty or success ____ / 10
- I struggle to celebrate other women without internal discomfort ____ / 10
- I question my own worth when I see other women thriving ____ / 10

Section 3: Trust & Safety with Women

- I find it hard to fully trust women emotionally ____ / 10
- I feel guarded or cautious in female friendships ____ / 10
- I expect to be judged, excluded, or misunderstood by women ____ / 10

Section 4: Rejection, Exclusion & Belonging

- I fear being left out, excluded, or not chosen by women ____ / 10
- I feel like I have to “earn” my place in female groups ____ / 10
- I carry memories or feelings of being rejected by women ____ / 10

Section 5: Betrayal, Gossip & Emotional Safety

- I fear being talked about or judged by other women ____ / 10
- I have experienced betrayal or emotional harm from women ____ / 10
- I struggle to be fully open due to fear of gossip or misuse of trust ____ / 10

Section 6: Power, Visibility & Being Seen

- I feel unsafe being visible or fully seen by other women ____ / 10
- I hold back my success, gifts, or voice around women ____ / 10
- I fear judgment, criticism, or energetic “pushback” from women ____ / 10

Section 7: Leadership & Expression

- I feel guilty or unsafe stepping into leadership among women ____ / 10
- I struggle to express my truth in female spaces ____ / 10
- I worry about being “too much” or “not liked” by women ____ / 10

Section 8: Approval, People-Pleasing & Belonging

- I change myself to be accepted by women ____ / 10
- I seek validation or approval from female peers ____ / 10
- I suppress parts of myself to maintain harmony with women ____ / 10

Section 9: Shame, Body & Identity Comparison

- I compare my body, beauty, or energy to other women ____ / 10
- I feel shame or discomfort around my femininity in groups of women ____ / 10
- I feel “not enough” when I am around certain women ____ / 10

Section 10: Expression, Voice & Truth

- I struggle to speak openly and honestly with women ____ / 10
- I hold back my truth to avoid conflict or judgment ____ / 10
- I feel misunderstood when I express myself in female spaces ____ / 10

Section 11: Emotional Enmeshment & Projection

- I absorb emotions or moods from other women easily ____ / 10
- I feel responsible for how other women feel around me ____ / 10
- I over-analyse other women's reactions or behaviour ____ / 10

Section 12: Sisterhood Connection & Isolation

- I feel disconnected or isolated from female community ____ / 10
- I struggle to maintain supportive, nourishing female friendships ____ / 10
- I feel safer alone than in groups of women ____ / 10

Section 13: Success, Visibility & Fear of Outshining

- I fear outshining or upsetting other women with my success ____ / 10
- I hold myself back so others don't feel uncomfortable ____ / 10
- I feel guilt when I rise, expand, or receive recognition ____ / 10

Section 14: Authenticity & Self-Expression

- I feel I cannot fully be myself around other women ____ / 10
- I adapt my personality depending on female groups ____ / 10
- I fear rejection if I show my true self ____ / 10

Section 15: Collective Feminine Healing

- I feel disconnected from feminine unity or sisterhood ____ / 10
- I feel unsupported or alone in my feminine journey ____ / 10
- I struggle to believe women can genuinely support each other ____ / 10

Score Interpretation Guide

Use this for each statement (not total score):

- 0–3 | Integrated / Regulated - This pattern feels resolved or minimal.
- 4–6 | Active Pattern - This area influences emotions, relationships, or behaviours.
- 7–10 | Core Sisterhood Wound - A deep imprint where healing can create significant emotional and relational shift.

Before & After: Measuring Change

When revisiting this assessment, notice:

- Reduced emotional charge around women
- Less comparison or reactivity
- Increased safety and ease in female spaces
- More authenticity and visibility
- Greater capacity for trust and connection

Even small shifts reflect deep energetic re-patterning.

Reflection & Integration

1. My Top 3 Sisterhood Wound Patterns

1. _____
2. _____
3. _____

2. Body Awareness - Where do I feel these patterns in my body?

3. Emotional Awareness - What emotions arise most strongly?

4. Core Beliefs - What beliefs about women, myself, or safety are present?

5. Compassionate Witnessing - If these patterns once protected me, what were they trying to prevent?

After Healing – Integration Reflection

6. What Has Shifted?

7. Embodied Changes - What feels different in my body, emotions, or relationships now?

8. New Inner Truths - What new beliefs or feelings of safety are emerging?

9. Self-Trust Statement - *I now allow myself to feel safe with women when...*

Final Reminder

This is not about fixing yourself or other women.
It is about restoring safety where sisterhood once felt unsafe.

You are not healing to become someone new.
You are healing to remember that you can belong without shrinking, competing, or protecting yourself.

And when sisterhood is healed within, it naturally reshapes how you experience every woman around you.