April Unfiltered

A FREE GUIDE

# The Unfiltered Self-Assessment

A gentle, honest check-in for women who are safe now and ready to feel at home in their bodies, and in closeness, again.

- Your mind, body, and emotions
- Boundaries and safe support
- Intimacy, receiving, and flow

About 10 minutes | Printable | Not therapy or a diagnosis

BEFORE YOU BEGIN

# How to use this assessment

Leaving is one kind of safety. Feeling safe in your own body, with your own thoughts, and in closeness with someone you trust is another, and it often takes longer. This assessment gives you an honest snapshot of where you are right now across six areas.

**Think about the last few weeks. Circle how true each statement feels:**

1 Not at all true

2 Rarely true

3 Sometimes true

4 Often true

5 Almost always true

**Be gentle with yourself.** There are no right or wrong answers, and nothing here is a test you can fail. A low score isn't a flaw; it shows where your body is still working hard to protect you. Skip anything that feels like too much, and come back whenever you're ready.

*This assessment is a self-reflection tool, not a diagnosis, and it is not therapy. If you're in danger or need urgent help, please call 911 or the National Domestic Violence Hotline at 1-800-799-7233.*

RATE EACH STATEMENT

**1** = *Not at all true* **2** = *Rarely true* **3** = *Sometimes true* **4** = *Often true* **5** = *Almost always true*

## Part 1: Your mind & inner voice

Checking in on the thoughts and stories you carry.

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. **Inner Voice:** My inner talk is mostly kind and honest, not harsh or critical. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 2. **Trusting Myself:** I trust my own read on people and situations. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 3. **Old Stories:** I notice when old stories (“it’s my fault,” “I’m too much”) show up, and I can question them. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 4. **Mental Space:** I have enough mental room right now to give attention to my own healing. | ◯ | ◯ | ◯ | ◯ | ◯ |

**Add up your section score** (add the four numbers you circled): _____ **/ 20**

## Part 2: Your body & nervous system

Checking in on how your body holds stress and finds rest.

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. **Body Signals:** I notice what my body is telling me (tight jaw, shallow breath, a clenched stomach) before I hit my limit. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 2. **Settling:** When I’m safe, my body can eventually settle and soften. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 3. **Calming Tools:** I have real ways to calm my nervous system when I feel overwhelmed. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 4. **Rest:** I can rest without feeling guilty or on guard. | ◯ | ◯ | ◯ | ◯ | ◯ |

**Add up your section score** (add the four numbers you circled): _____ **/ 20**

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## Part 3: Emotional safety & healing

Checking in on how you feel, process, and move through hard emotions.

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. **Feeling Emotions:** I can let myself feel hard emotions without shutting down or running from them. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 2. **Self-Compassion:** When I struggle, I treat myself with patience instead of shame. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 3. **Steadiness:** Unexpected stress or reminders of the past don't knock me completely off balance. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 4. **Letting Good In:** I feel steady enough inside to let new, good things into my life. | ◯ | ◯ | ◯ | ◯ | ◯ |

**Add up your section score** (add the four numbers you circled): _____ **/ 20**

## Part 4: Boundaries & safe support

Checking in on your limits and the people around you.

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. **Naming My Needs:** I can say what I need and where my limits are without a ton of guilt. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 2. **Saying No:** I can say no without overexplaining or fearing the fallout. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 3. **Safe People:** I have at least one or two people who feel truly safe to me. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 4. **Protecting My Peace:** I can limit access for people who drain me or don't respect my limits. | ◯ | ◯ | ◯ | ◯ | ◯ |

**Add up your section score** (add the four numbers you circled): _____ **/ 20**

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## Part 5: Safety in intimacy

Checking in on closeness, touch, and desire.

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. **Closeness:** I can be close to someone I trust without bracing or going numb. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 2. **Touch:** Touch can feel good, not just something to get through. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 3. **Speaking Up:** I can say what I like, what I don't, and when I want to stop. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 4. **Desire:** I feel curious about my own desire and pleasure, without pressure or expectation. | ◯ | ◯ | ◯ | ◯ | ◯ |

**Add up your section score** (add the four numbers you circled): _____ **/ 20**

## Part 6: Receiving, softness & flow

Checking in on the balance between managing everything and letting yourself receive.

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. **Receiving:** I can receive care, help, or compliments without deflecting them. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 2. **Releasing Control:** I don't have to manage everything to feel safe. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 3. **Softness:** I can soften and be playful without feeling exposed. | ◯ | ◯ | ◯ | ◯ | ◯ |
| 4. **Being Present:** I can shift out of to-do mode and be present in my body. | ◯ | ◯ | ◯ | ◯ | ◯ |

**Add up your section score** (add the four numbers you circled): _____ **/ 20**

YOUR RESULTS

# Your totals

Add up your score for each part (maximum 20 points per part).

| | |
|---|---|
| Mind & inner voice | _____ / 20 |
| Body & nervous system | _____ / 20 |
| Emotional safety & healing | _____ / 20 |
| Boundaries & safe support | _____ / 20 |
| Safety in intimacy | _____ / 20 |
| Receiving, softness & flow | _____ / 20 |
| **Total score** | **_____ / 120** |

## Where you are right now

### 100–120 **Grounded and opening**

Your foundation feels steady. This can be a beautiful season to go deeper into closeness, pleasure, and desire, at your own pace.

### 70–99 **Safe, but still guarded in places**

You've built real ground, and one or two areas are still carrying protection. That isn't failure; it's your body doing its job. Your lowest areas are where gentle, focused support can make the biggest difference.

### Below 70 **Still in protection mode**

Your nervous system is working hard to keep you safe. Start with rest, calm, and safety before pushing yourself toward intimacy. You don't have to figure this out alone.

REFLECTION

# Reflection questions

QUESTION 1

Which area scored lowest, and what is going on there right now?

QUESTION 2

What is one small, gentle step or boundary you could try this week to bring a little more safety to that area?

QUESTION 3

Which area feels strongest, and how can you lean on that strength right now?

## Want support with what you found?

I work with women who are safe now but still feel clenched around intimacy, using the EVOKe Method: polarity, overwhelm and sensory load, and trauma recovery, with safety in intimacy at the center. A discovery call is a relaxed 30-minute conversation to see if we're a good fit, with no pressure.

*EVOKe is coaching, not therapy or crisis support. If you are in danger, call 911 or the National Domestic Violence Hotline at 1-800-799-7233.*