APRIL UNFILTERED · AFTER DARK

The Polarity *Self-Check*

Are you living in your masculine or your feminine?

Fifteen quick questions to see where your energy lives right now, plus gentle practices to help you soften and receive.

A 10-MINUTE GUIDE

WELCOME

You carry both.

Every one of us, of every gender, carries masculine and feminine energy. This isn't about who you are. It's about how you're moving through your life right now.

MASCULINE ENERGY

Doing

Direction, structure, and protection. It plans, fixes, leads, and gets things done.

FEMININE ENERGY

Being

Flow, feeling, and receiving. It softens, senses, trusts, and enjoys.

> *Both are healthy. The trouble starts when we get stuck in one because it once kept us safe.*

Many women live in their masculine because life required it: raising kids alone, leaving a hard relationship, juggling a busy brain, or never having anyone to lean on. This self-check will help you see where you're living right now, with no judgment and no right answer.

HOW TO TAKE IT

01 Find a quiet moment and take three slow breaths.

02 Read each question and circle A or B.

03 Choose what's true most days, not what you wish were true.

04 Go with your first answer. Your body usually knows before your mind does.

Circle A or B for each

Choose what's true most days. There are no wrong answers.

01 When plans change at the last minute, I...

- (A) Jump in and make a new plan right away.
- (B) Go with the flow and see what unfolds.

02 When my partner offers to help, I...

- (A) Say "I've got it."
- (B) Say "Yes, thank you" and let them.

03 When I lie down at night, my mind is...

- (A) Running through tomorrow's to-do list.
- (B) Settling down fairly easily.

04 On a date, I...

- (A) Pick the place, set the time, and make the reservation.
- (B) Enjoy being planned for and taken care of.

05 When I'm upset, I...

- (A) Fix the problem first and deal with my feelings later, or never.
- (B) Let myself feel it and say what I need.

06 Most days, my body feels...

- (A) Tight, braced, and on alert.
- (B) Soft, open, and relaxed.

07 When someone compliments me, I...

- (A) Brush it off or downplay it.
- (B) Smile and let it land.

08 During intimacy, my mind is...

- (A) Busy: thinking, monitoring, or performing.
- (B) Present in the sensations of my body.

09 I feel most valuable when...

(A) I'm productive and getting things done.

(B) I'm simply being myself.

10 Asking for what I want feels...

(A) Uncomfortable. It's easier to just do it myself.

(B) Natural and safe.

11 Rest feels like...

(A) Something I have to earn.

(B) Something I'm allowed to have.

12 In a conflict, I tend to...

(A) Get logical, push back, or take control.

(B) Share how I feel and invite connection.

13 When my partner takes the lead, I...

(A) Second-guess them or step in.

(B) Relax and trust them.

14 My pace through the day is...

(A) Fast, efficient, always moving.

(B) Flowing, with room to pause.

15 Pleasure, for me, is...

(A) A goal to reach, or something I don't have time for.

(B) Something I can slow down and savor.

YOUR SCORE

Count how many times you circled A

Total A's ☐

11 to 15	*Living in your masculine*
6 to 10	*Switching between both*
0 to 5	*At home in your feminine*

11 TO 15 A'S

Living in your masculine

You're the one who handles it. You plan, protect, and push through, and you've probably been praised for it. But somewhere along the way, doing became safer than receiving.

This often grows out of survival. If you've had to take care of everything yourself, or you live with ADHD or a busy brain, staying in motion kept you safe. That's wisdom your body learned. And it's tired.

PRACTICES · TRY THIS WEEK

Receive one thing a day. When someone offers help or a compliment, say only "Thank you."

Take a 3-minute body pause. One hand on your heart, one on your belly. Breathe slowly and soften your jaw and shoulders.

Let someone else plan one thing. A meal, a date, an afternoon. Notice what comes up.

6 TO 10 A'S

Switching between both

You can soften and you can lead, but you may not always choose which one shows up. Maybe you open up in intimacy until something feels uncertain, and then your guard goes up.

That switch is your nervous system checking for safety. The goal isn't to stop switching. It's to notice it, so you can choose your energy instead of reacting.

PRACTICES · TRY THIS WEEK

Notice your switch. When you tighten or take over, pause and ask, "Do I feel unsafe, or just unsure?"

Journal your triggers. Write down three moments you slipped into control and look for what they share.

Pause before stepping in. Count to five before you fix, correct, or take over.

WHAT YOUR SCORE MEANS

0 TO 5 A'S

At home in your feminine

You know how to soften, feel, and receive. You let yourself be supported, and you can slow down enough to enjoy the moment. That's a beautiful gift.

Healthy feminine energy isn't passive, though. It knows its boundaries and speaks its desires. Check in with yourself: are you receiving because you feel safe, or going along to keep the peace?

PRACTICES · TRY THIS WEEK

Savor on purpose. Choose one daily pleasure, like a warm shower or a good meal, and give it your full attention.

Speak one desire out loud. Tell your partner one thing you'd love, in or out of the bedroom.

Go deeper into pleasure. Try the EVOKe Your Pleasure self-check to explore what opens you up even more.

YOUR REFLECTION

Sit with your result

01 Did your result surprise you? What part of it feels most true?

02 When did you first learn that it was safer to do than to receive?

03 Which practice will you try this week?

YOU'RE ALLOWED

You don't have to hold it all.

Wherever you landed, you're not broken. Your energy can shift, and your body can learn that it's safe to soften, receive, and be held.

GO DEEPER · FREE

EVOKe Your Pleasure

A short self-check to discover what helps you relax, receive, and truly enjoy pleasure.

WHEN YOU'RE READY

The EVOKe 12-Week Program

1:1 coaching to rebuild safety in intimacy through polarity, a neurodivergent-friendly approach, and trauma-informed care.

YOUR NEXT STEP

Book your discovery call

aprilunfiltered.com

This self-check is for reflection and self-awareness. It isn't a diagnosis or a substitute for therapy or medical care.