



April
Unfiltered

The Safe Surrender Audit

A gentle self-check for women who are safe now
but still feel clenched around intimacy.

How to use this audit

This takes about five to ten minutes. Read each statement and circle how often it feels true for you lately. There are no right or wrong answers, and nothing here is a test you can fail. Go at your own pace, skip anything that feels like too much, and come back to it if you'd like.

The audit has three parts, one for each part of how your body, your energy, and your brain shape closeness:

- 1. Safety and your body:** how your nervous system responds to closeness.
- 2. Polarity, structure and flow:** how much you carry, lead, and manage versus how much you rest and receive.
- 3. Overwhelm and sensory load:** how a full mind and busy senses affect connection.

A note on words: in this audit, "masculine" and "feminine" describe types of energy (structure and direction versus flow and receiving). They are not about gender or personality, and everyone has both.

This audit is a self-reflection tool, not a diagnosis, and it is not therapy. It can't tell you whether you have ADHD, trauma, or any other condition. If you're in danger or need urgent help, please call 911 or the National Domestic Violence Hotline at 1-800-799-7233.

Part 1: Safety and your body

Think about the last few weeks. How often does each of these feel true?

0 = Never 1 = Sometimes 2 = Often 3 = Almost always

	0	1	2	3
1. Even when nothing is wrong, my body stays on guard (tight jaw, shoulders, or stomach).	☐	☐	☐	☐
2. It's hard for me to relax when someone I trust is close to me.	☐	☐	☐	☐
3. I scan the room, the tone of voice, or the mood before I let myself settle.	☐	☐	☐	☐
4. Even gentle touch can feel like too much, or like I need to prepare for it.	☐	☐	☐	☐
5. I feel safer when I'm in control of what happens next, and uneasy when I'm not.	☐	☐	☐	☐
6. After closeness, I feel drained, numb, or the need to pull away.	☐	☐	☐	☐

Add up your section score (Never = 0, Sometimes = 1, Often = 2, Almost always = 3):

_____ / 18

Part 2: Polarity, structure and flow

Structure is planning, leading, and managing. Flow is resting, receiving, and softening. Most of us need both. How often does each of these feel true?

0 = Never 1 = Sometimes 2 = Often 3 = Almost always

	0	1	2	3
1. I'm the one who plans, manages, and remembers everything at home and in my relationships.	☐	☐	☐	☐
2. I find it hard to ask for help without also telling someone exactly how to do it.	☐	☐	☐	☐
3. I'm more comfortable giving than receiving, whether it's care, attention, or pleasure.	☐	☐	☐	☐
4. When someone else takes the lead, I feel anxious, guilty, or the urge to step back in.	☐	☐	☐	☐
5. I rarely feel allowed to rest, even when the day is done.	☐	☐	☐	☐
6. I miss feeling soft, playful, or open, and I'm not sure how to get back there.	☐	☐	☐	☐

Add up your section score (Never = 0, Sometimes = 1, Often = 2, Almost always = 3):

_____ / 18

Part 3: Overwhelm and sensory load

This part is about how a full mind and busy senses affect closeness. It applies to anyone who feels overloaded, with or without ADHD or a diagnosis. How often does each of these feel true?

0 = Never 1 = Sometimes 2 = Often 3 = Almost always

	0	1	2	3
1. By the end of the day my brain is too full to feel present with anyone.	☐	☐	☐	☐
2. Lights, noise, textures, or smells can pull me out of the moment quickly.	☐	☐	☐	☐
3. I get stuck on getting started, even with things I want, including connection.	☐	☐	☐	☐
4. I worry about doing it "right" and lose track of what I'm actually feeling.	☐	☐	☐	☐
5. Closeness can start to feel flat, like roommates. I crave something new, but creating it feels like effort.	☐	☐	☐	☐
6. It takes me a long time to shift from tasks and screens into feeling present in my body.	☐	☐	☐	☐

Add up your section score (Never = 0, Sometimes = 1, Often = 2, Almost always = 3):

_____ / 18

Your results

Write your three scores here: Part 1 _____ Part 2 _____ Part 3 _____

Higher scores don't mean something is wrong with you. They show where your body and brain are working hardest right now, so that's where gentle support can help most.

Part 1: Safety and your body

0 to 5: Your body seems to find closeness fairly manageable right now.

6 to 11: Your body is showing some protective patterns. They're worth noticing and being kind to.

12 to 18: Your nervous system is carrying a lot of protection. That makes sense, and it can learn something new at its own pace.

Try this week: Before bed, place a hand on your chest and one on your belly. Take five slow breaths, longer out than in. Notice one place that softens, even slightly.

Part 2: Polarity, structure and flow

0 to 5: You seem to move between leading and receiving with some ease.

6 to 11: You may be leaning on structure more than you'd like, and flow may feel out of reach at times.

12 to 18: You're likely carrying most of the structure. Rest and receiving may feel unfamiliar or even unsafe.

Try this week: Ask for one thing by saying what you need, not how to do it. Let it be done imperfectly, and notice what happens in your body.

Part 3: Overwhelm and sensory load

0 to 5: Focus and sensory input don't seem to be getting in the way of closeness much right now.

6 to 11: Overload and distraction are affecting how present you can be.

12 to 18: Overwhelm and sensory strain may be a big part of what's making closeness hard.

Try this week: Pick one small transition ritual between work mode and rest mode: dim the lights, change clothes, or play two minutes of music. Do it the same way each day.

Reflection

Take a few minutes to write, or just think about, these questions:

1. Which part had the highest score, and does that surprise you?
2. What does your body need more of right now: safety, rest, or ease?
3. What is one small thing you could try this week?

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.