



# Where Are You Over-Giving and Under-Receiving?

For each statement, choose the number that most honestly reflects your current reality — no how you wish it were.

**1 = Rarely 2 = Sometimes 3 = Often 4 = Almost Always**

## SECTION 1 — OVER-GIVING

- I say yes to requests before I've even checked in with myself about whether I have capacity.  1  2  3  4
- I take on tasks, responsibilities, or emotional labor that aren't really mine to carry.  1  2  3  4
- I find it difficult to set a limit without justifying it, softening it, or apologizing for it.  1  2  3  4
- I put the needs or comfort of others first — even when I'm the one running low.  1  2  3  4
- I carry worry or responsibility for other people's outcomes, feelings, or decisions.  1  2  3  4

## SECTION 2 — UNDER-RECEIVING

- When someone offers me help, support, or care, I deflect, minimize, or find a reason to decline.  1  2  3  4
- I struggle to ask for what I actually need — even from people I trust.  1  2  3  4
- I feel uncomfortable being supported, celebrated, or taken care of.  1  2  3  4
- I wait until I'm at a breaking point before acknowledging that I need something.  1  2  3  4
- I have difficulty identifying what I need, let alone asking for it.  1  2  3  4

### YOUR TALLY

Section 1 — Over-Giving Score: \_\_\_\_\_ / 20

Section 2 — Under-Receiving Score: \_\_\_\_\_ / 20

### SCORE GUIDE (applies to each section independently)

#### 5–9 Low

Not significantly present right now.

#### 10–13 Moderate

Present. Worth watching and exploring.

#### 14–17 High

Active pattern showing up regularly.

#### 18–20 Very High

Deeply ingrained — feels like "just you."

### WHAT YOUR SCORES MEAN TOGETHER

- Both scores low (under 10)**  
Relatively balanced. Stay curious — is this intentional, or have you simply stopped noticing?
- Over-giving high, under-receiving lower**  
The scale is tipping. You're not at empty yet — but you're not full either.
- Under-receiving high, over-giving lower**  
Guarded. You've built real resistance to support. Independence is a skill. Isolation is something different.
- Both scores high (14+)**  
The high-achiever trap. Giving generously, refusing to receive equally. A slow, quiet depletion — often building for years before it announces itself.
- Mixed scores**  
You're not in one fixed mode. Get specific — where is the drain happening, and where has the door to receiving quietly closed?  
*"Look back at the questions where you scored highest. Those are your starting points."*