



**HSE Coping Mechanism Assessment:
Mark True or False for each statement**

First of all, there are three sections and you want to mark each section. Section One and I'll go through the statements and then I'll let you know when it's Section Two and you want to mark Section Two because it's important that they're kept separate. All you need to do is just write T or F in response to each statement. I'll read each statement twice. That's all. Are we good? Okay. Deep breath in and let it out.

Part 1:

1. You will complete tasks that do move your business forward in the form of new clients and new income, but at all costs, including damage to your physical self in the form of exhaustion or illness
2. You will complete tasks that do move your business forward in the form of new clients and new income, but at all costs, including damage to your personal relationships in the form of missing important moments with loved ones such as dinner, dates, or distracted by devices when with others
3. When an uncomfortable feeling comes up you turn to being productive with tasks as a way of distracting
4. Your schedule is so booked you often find yourself running from appointment to appointment with barely time to eat, go to the bathroom or rest in any way
5. You tend to "pile on support" in the form of coaches, mentors, classes, courses, study programs that you are barely able to benefit from any of them because you are so busy completing just a sliver of the tasks on your plate to move your business forward
6. You are a natural leader and appreciate the power of the spotlight, but get overwhelmed when it comes to delegating and often feel like you

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still have to have your hands in team tasks or need to do the task yourself

7. You have difficulty asking for help
8. You tell yourself you don't have time to "be still", but in truth the idea of what you'll find or feel when you do scares you
9. You say you're spiritual, but calling on divine support is relegated to "less important matters" and rarely if never is something you turn to when it comes to matters of your business, especially financial
10. You pride yourself on being independent
11. You lust after the other 80% and you work hard to be like them, have what they have and yet somehow it seems like you always fall short and can't quite get there

Part 2:

1. You often find yourself very busy with lots of tasks, but at the end of the day, week, month you haven't actually generated any or much more money in your business
2. You pride yourself on your ability to engage in "self-care", but if you're very honest self-care often gets in the way of your ability to be productive
3. You really want to move your business forward, but there are so many people to take care of (children, spouse, friends, parents, family members) and it's only morally right that this is your priority so of course you have little time and energy left for your business
4. Often a large business task such as a presentation or attending a networking event (or even just the idea of this type of situation) can overstimulate your system to the degree that you have a physical reaction such as a migraine, indigestion or IBS or dizziness and exhaustion

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5. Organizing tasks or even scheduling your day is daunting and tends to take a lot of time leaving little to no time for actual completion of tasks
6. Completing one marketing tasks such as writing a newsletter article or creating a video can take an entire week or even longer and even then it tends to not be fully ready or good enough for final production
7. You have good intentions and plans for marketing, but life tends to get in the way a lot: you get sick, your children get sick, technology breaks down or takes a long time to get set up, weather interferes ...
8. You spend a good amount of time in overwhelm and confusion especially when it comes to “large” decisions like committing to a business idea, direction or consistent marketing
9. You consider yourself a spiritual person but tend to receive supposed “guidance” about why you should hold back and not do things
10. You spend a lot of time perfecting your marketing materials (business card, brochure, program guide, website, newsletter ...) and very little time sharing them directly with prospects
11. You are really good at taking classes and courses and being able to tell the program leader what’s not working or could be done better, but don’t ever really get to the place of offering, marketing and filling your own

Part 3:

1. You often feel very unsettled, like you’re being pulled in multiple directions
2. When you focus you are able to “get things done”, but this state is hard to sustain and eventually you fall off the wagon and experience a dry spell of producing results which can last for days, weeks or even months

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3. You find being productive energizing so much so that it can sometimes feel like a high when you're working on tasks, but this is often followed by intense exhaustion or even apathy (what does it matter) and then it can take a while to get focused and energized again sometimes days, weeks or even months
4. You have a hard time committing whether it be to a schedule or to relationships or anything in between
5. You have a fierce loyalty to people in your life that also, if you're honest, comes with resentment about how much time and energy these people take from you
6. You tend to be skeptical when presented with a new situation or even idea and feel the need to ask a lot of questions or do a lot of research before you can actually go ahead
7. Your internal emotional state often feels like a roller-coaster of extreme ups and downs
8. You consider yourself a spiritual person but find it difficult to trust supposed guidance or even your intuition
9. You tend to be extremely effected by the energies in an environment: if it's up, you're up; if it's down, you're down
10. A situation has to be REALLY aligned for you to take action, when it is you will and when it isn't you won't.
11. You understand the systems that would support you in creating what you want, but when it comes to being consistent with these systems you find that it's as if your whole being resists exactly what you understand you should do. So you do it for a while, but then don't sustain.

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Now you're going to add up the number of T's that you have in each section, so not all together, but the number of T's that you have in each section.

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The highest number of T's in Section One. Your coping mechanism tendency is a pusher. **Pushing.**

The highest number of T's in Section Two. Your coping mechanism tendency is to be a hider. **Hiding.**

The highest number of T's in Section Three. That means that your coping mechanism tendency is towards the **Combo Platter.**

For those who had a tie.

First thing that I want to say is that, first of all, as highly sensitives, we all have all of the tendencies: pushing, hiding, and combo platter. This is just demonstrating which one tends to be dominant for you.

For those of you Who had a tie between Section One and Section Three, most likely you are actually more dominant tendency is pushing.

If you're tied between Section two and Section Three, you tend to actually be a Hider.