

Survival Mentality Questionnaire

Survival Mentality: A "me first" mindset dominated by ego-centered concerns having to do with self-protection, self-interest, and self-expansion.

Answer Yes or No to the following questions:

1. You are often critical of yourself and tend to be judgmental of others.
2. You like having control and find it difficult to compromise.
3. Giving and sharing does not come easily to you.
4. You are frequently preoccupied so giving others partial attention is the best you can do.
5. You tend to hold onto hurt and anger
6. In many ways you wish your partner was a different person.
7. You blame others rather than see your own shortcomings.
8. Putting another's needs first, before your own, is very difficult.
9. You often dwell on the past and feel regret or project into the future and feel fear.
10. Needing to be right is important to you because you see mistakes as weaknesses.
11. You hear criticisms as personal attacks.
12. Your relationship seems unpredictable and beyond your control.
13. You often feel people take advantage of you.
14. Forgiving others is difficult.

If you answered "yes" to six or more questions you are living and loving from a survival mentality.

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