

NeuroAffective Relational Model (NARM)[™] Adaptive Survival Styles Explorer

To determine your NARM[™] Survival Style profile, answer the questions below to the best of your ability and to your best understanding of yourself. Your results will be no better than your honest self-assessment of these questions.

It is recommended that you take the explorer as you feel today. You can then come back, take it again, and answer as you might have felt in your earlier periods of your life. In doing so you can observe your growth, relationships, and environment over the years.

IMPORTANT NOTE: *By completing the self-assessment questionnaire below, you affirm your understanding that this is not a scientifically validated psychological test and your results may or may not accurately reflect your survival styles. This is for educational purposes. This explorer is a jumping off point in the exploration of survival styles and their effect on human beings and their relationships. Survival styles are not rigidly fixed character structures but can change over time with exploration.*

Scoring (0-4): There will be certain questions where you will strongly relate to and *Totally Agree* (score of 4), others will not fit at all, and you will *Totally Disagree* (score of 0). Others, where you may feel uncertain about or sometimes agree with can be answered/scored as *Sort of Disagree* (score of 1), *Could Go Either Way/Sometimes* (score of 2), to *Sort of Agree* (score of 3). Add each section's total score. The highest score(s) will highlight your potential Organizing Developmental Themes/Survival Style(s). More than one adaptive survival style can apply.

Section A

1. I often feel like I don't belong. Score: _____
2. I'm uncomfortable in group or social situations. They drain me. Score: _____
3. The world seems like a dangerous place to me. Score: _____
4. Sometimes I feel like an alien. Score: _____
5. I suffer from sensitivities or multiple allergies. Score: _____
6. I never felt welcome in the world. Score: _____
7. I feel like I don't have a right to exist. Score: _____
8. My usual behavior is to withdraw rather than approach and I hide. Score: _____
9. I rarely feel safe. Score: _____
10. My nervous system feels like it's always on. I just can't relax. Score: _____
11. I'm not bothered by base human emotions. Score: _____
12. I'm rational, not emotional. Score: _____
13. Human emotions are messy and irrational, and I don't need any of that. Score: _____
14. I'm better off by myself. Score: _____
15. I am more deeply spiritual than most people. Score: _____

Section A Total Score: _____

Section B

1. I often don't know what I need. Score: _____
2. I fear that people will leave me. Score: _____
3. I am great at knowing what other people need. Score: _____
4. People consider me a giver and I like to give. Score: _____
5. Everybody seems to open up to me and cry on my shoulder. Score: _____
6. I am an expert at making do with very little. Score: _____
7. Even if I know what I want, it is hard for me to ask for it. Score: _____
8. I don't ask for what I want because I'm afraid to deal with the rejection. Score: _____
9. Sadness and depression are states I'm well familiar with. Score: _____
10. The only time I express my needs is when I finally get angry enough. Score: _____
11. I give and give and give and people just don't seem to appreciate it. Score: _____
12. I tend to have lung and skin problems. Score: _____
13. When things are going too well, I don't trust it. Score: _____
14. The last thing I would ever want is to need anybody. Score: _____
15. I often feel underserving of anything good. Score: _____

Section B Total Score: _____

Section C

1. One of my biggest goals is to get to the top. Score: _____
2. I say coming in second is losing. Score: _____
3. I have no problem expressing anger at others when they deserve it. Score: _____
4. I like to be the dominant one in the room. Score: _____
5. If someone does something nice for me they probably want something. Score: _____
6. Trusting others is a good way to get used. Score: _____
7. I'm a take charge kind of person. Score: _____
8. I so hate to fail that I would do just about anything to succeed. Score: _____
9. Fear of failure drives me. Score: _____
10. Winning isn't everything. It's the only thing. Score: _____
11. I believe life is a jungle and survival of the fittest. Score: _____
12. I'm a natural leader. Score: _____
13. If I'm not at the top, I'm nothing. Score: _____
14. I get angry easily. Score: _____
15. I like to use anger to intimidate. Score: _____

Section C Total Score: _____

Section D

1. Other people think I'm kind and open hearted. Score: _____
2. I have trouble setting limits and boundaries. Score: _____
3. I am a very loyal friend. Score: _____
4. I am eager to please. I often say 'yes' when I really want to say 'no.' Score: _____
5. I tend to give in to others' demands and then resent it. Score: _____
6. I tend to procrastinate. Score: _____
7. I do everything I can to keep people from being mad at me. Score: _____
8. I pride myself in being trustworthy and responsible. Score: _____
9. I tend to yield to others and then then want to rebel. Score: _____
10. I see myself as a very flexible person. Score: _____
11. I'm able to see all sides of any argument. Score: _____
12. I grew up in a family where everyone believed they knew what was best for me. Score: _____
13. When I say 'no' to people, I feel guilty. Score: _____
14. The last thing in the world I'd ever want to do is hurt somebody's feelings. Score: _____
15. I pride myself in how much burden I can bear. Score: _____

Section D Total Score: _____

Section E

1. I prefer to reject before being rejected. Score: _____
2. It's important to project a good image. Score: _____
3. I strive to look flawless. Score: _____
4. I have a hard body and want to make it even harder. Score: _____
5. I work out a lot and kind of look down on those who don't. Score: _____
6. I thrive on being admired. Score: _____
7. I believe I am sexually desirable. Score: _____
8. I am proud of being a successful person. Score: _____
9. I don't like it when people are wishy-washy. Score: _____
10. Sexual conquest is exciting for me. Score: _____
11. On a deep level I feel so flawed. Score: _____
12. When I look in the mirror I always focus on my flaws and defects. Score: _____
13. I'm afraid to love. Score: _____
14. I don't know what love is. Score: _____
15. Everybody else seems to know how to do relationships but I don't get it. Score: _____

Section E Total Score: _____

Shame-Based Identifications and Pride-Based Counter-Identifications for each Adaptive Survival Style

Initially, survival styles are adaptive, representing success, not pathology. However, because the brain uses the past to predict the future, these survival patterns remain fixed in our nervous system and create an adaptive but false identity. It is the persistence of survival styles appropriate to the past that distorts present experience and creates symptoms. These survival patterns, having outlived their usefulness, create ongoing disconnection from our authentic self and from others.

“What are the patterns that are preventing me from being present to myself and others at this moment and in my life?”

Section A: Connection. Shame at existing. Feeling like a burden. Feeling of not belonging. Pride in being a loner. Pride in not needing others. Pride in not being emotional. **Score:** _____

Section B: Attunement. Needy, unfulfilled, empty, undeserving, caretaker. Pride in being the shoulder everyone cries on. Make themselves indispensable and needed. Pride in not having needs. **Score:** _____

Section C: Trust. Small, powerless, used, betrayed, strong and in control. Successful, larger than life. User, betrayer. **Score:** _____

Section C: Autonomy. Angry, resentful of authority, rebellious. Enjoys disappointing others. Nice, sweet, compliant, good boy/girl. Fear of disappointing others. **Score:** _____

Section D: Love-Sexuality. Hurt, rejected, physically flawed. Unloved and unlovable Rejects first. Perfect. Does not allow for mistakes. “Seamless”—having everything together. **Score:** _____

Five Organizing Developmental Themes and Associated Core Resources

There are five developmental life themes and associated core resources that are essential to our capacity for self-regulation and affect our ability to be present to self and others in the here-and-now. To the degree that these five basic needs are met, we experience regulation and connection. We feel safe and trusting of our environment, fluid and connected to ourselves and others. We experience a sense of regulation and expansion. To the degree that these basic needs are not met, we develop *survival styles* to try to manage the disconnection and dysregulation.

Connection. We feel that we belong in the world. We are in touch with our body and our emotions and capable of consistent connection with others. Capacity to be in touch with our body and our emotions. Capacity to be connection with others.

Attunement. Our ability to know what we need and to recognize, reach out for, and take in the abundance that life offers. Capacity to attune to our needs and emotions. Capacity to recognize, reach out for, and take in physical and emotional nourishment.

Trust. We have an inherent trust in ourselves and others. We feel safe enough to allow a healthy interdependence with others. Capacity for healthy dependence and interdependence.

Autonomy. We are able to say no and set limits with others. We speak our mind without guilt or fear. Capacity to set appropriate boundaries. Capacity to say no and set limits and speak our minds without guilt or fear.

Love-Sexuality. Our heart is open and we are able to integrate a loving relationship with a vital sexuality. Capacity to live with an open heart and to integrate loving relationships with a vital sexuality.

***The NeuroAffective Relational Model™* Core Principles**

The NeuroAffective Relational Model™ focuses on the fundamental tasks and functional unity of biological and psychological development. The NARM model:

- Integrates both a nervous system based and a relational orientation.
- Brings developmentally-informed clinical interventions that use body-mind mindfulness and an orientation to resources to anchor self-regulation in the nervous system.
- Works clinically with the link between psychological issues and the body by helping access the body's self-regulatory capacities and by supporting nervous system re-regulation.
- Uses mindful inquiry into the deeper identifications and counter-identifications that we take to be our identity.

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