

Survival Pattern Audit

G Module • Grounded

Helping you identify survival-based thinking and begin renewing your mind in Christ.

Use this worksheet to identify fear-based patterns, survival responses, and old mentalities that may still be shaping your thoughts, decisions, and reactions. Bring them into the light, name what needs to change, and begin replacing those patterns with truth.

1 My Survival Responses

Check or list the patterns that show up most often for you.

- | | | | |
|--|---|---|--|
| ☐ fear | ☐ hyper-independence | ☐ overthinking | ☐ constant overwhelm |
| ☐ scarcity thinking | ☐ people-pleasing | ☐ emotional reactivity | ☐ impulsive decision-making |
| ☐ distrust | | ☐ shutdown/avoidance | Other: _____ |

2 Where These Patterns Show Up

List the areas of life where these responses most affect you.

relationships: _____ responsibilities: _____

decisions: _____ spiritual life: _____

3 What Triggers Them?

What situations, emotions, or pressures tend to activate these reactions?

4 One Old Pattern to Surrender This Week

Name one pattern you are ready to release.

5 Scripture Replacement Truth

Write one biblical truth or Scripture you will rehearse when this pattern rises up.

6 Grounded Reflection

What would it look like to respond from identity in Christ instead of survival?

Verse Reference:

7 Grounded Declaration

I do not have to live led by fear, panic, or old survival patterns.

In Christ, I am being renewed.

I can respond with truth, peace, and trust.