

## **A Self-Assessment for High Achievers**

Honest reflection prompts to help you identify where you feel most disconnected — and why traditional coaching or therapy may not have reached it yet.

*Take your time with it. There are no right answers, only honest ones.*

The Connection Effect

### **Before you begin**

This guide is for reflection, not self-judgment. If anything feels tender, pause. Breathe. Circle back when you feel grounded. Awareness is enough for today.

### How to use this guide

Read slowly. Notice what lands in your body, not just what makes sense in your head. You do not need to answer every prompt. Start with the ones that feel honest, immediate, or unexpectedly emotional.

- Underline words or phrases that describe your current reality.
- Put a star next to any prompt that creates resistance, emotion, or clarity.
- Use the margins to note what you have been carrying alone.
- At the end, identify one pattern you are ready to stop normalizing.

### A grounding reminder

High achievers often learn how to perform wellness, productivity, and confidence long before they learn how to feel safe, connected, and honest. This guide helps you slow down enough to notice the difference.

### Start here: what has felt off lately?

Statement	Often	Sometimes	Rarely
I look capable on the outside, but internally I feel tired, disconnected, or numb.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep functioning, but I do not feel fully present in my own life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what I should do, yet I still feel stuck in the same patterns.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am praised for my strength, but I rarely feel supported.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rest feels uncomfortable, guilty, or unsafe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can explain myself clearly, but I do not always feel understood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Where do you feel most disconnected?**

Notice which area feels the heaviest right now. You may recognize yourself in more than one.

**In my work or leadership, I feel most disconnected when...**

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**In my relationships, I feel most disconnected when...**

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**In my body, I notice disconnection showing up as...**

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**In my sense of self, I have been pretending, shrinking, or proving myself by...**

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### Patterns that often hide beneath high achievement

These patterns are easy to reward from the outside and easy to miss on the inside. Mark the ones that feel familiar.

Statement	Often	Sometimes	Rarely
I stay busy so I do not have to sit with what I feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I over-explain, over-function, or over-give before I ask for what I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can be deeply self-aware and still avoid the hardest truth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make progress in crisis, but struggle with consistency in calm seasons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more comfortable being needed than being known.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep setting bigger goals without checking whether they still fit me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### What to notice

Some of the patterns above are not personality flaws. They may be survival strategies that once made sense. Naming them does not make you weak. It makes you honest.

**Why traditional coaching or therapy may not have reached it yet**

Not because the work failed. Sometimes the method did not match the layer you were trying to reach. Reflect on what may be true for you.

**I learned how to talk about my patterns before I learned how to interrupt them.**

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**I have received support that focused on performance, mindset, or coping — but not the root of what I carry.**

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**Part of me still feels responsible for being the strong one, the easy one, or the one who keeps going.**

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**I have been trying to solve a disconnection issue with more discipline.**

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**What are you still carrying?**

Answer gently. The goal is not to force a breakthrough. The goal is to tell the truth.

**What emotion have I become skilled at bypassing?**

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**What need do I keep minimizing because other people depend on me?**

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**Where am I craving deeper support, softness, or honesty?**

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**What would change if I stopped performing strength and started practicing connection?**

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### What support do you need now?

Awareness matters most when it leads to a more honest next step. Consider what kind of support would help you feel more connected, not just more productive.

Statement	Often	Sometimes	Rarely
I need structured accountability that goes deeper than goal-setting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need a space where I can stop performing and say what is really true.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need support that helps me connect insight to consistent action.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need rest, boundaries, and nervous-system safety before I need another strategy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need both practical tools and permission to be fully human.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### My most honest next step is...

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#### Closing note

You are not behind because you are tired. You are not broken because insight has not yet become ease. Sometimes the next right step is not pushing harder — it is reaching the part of you that has been carrying too much for too long.

When you're ready for what's next, reach out to us via email at [connectioneffect.com](mailto:connectioneffect.com).