



THE STRESS ARCHETYPE QUIZ™

Stress Archetype Quiz

Instructions: Read through each question slowly and choose the answer that feels most true in your body most of the time. You may see yourself in all of them—but we're looking for your default pattern, the one you land in about 51% of the time.

1. When I feel overwhelmed...

- A. I can feel my jaw tighten and my tone sharpen. I start thinking about how no one else is stepping up, and I either take control or get irritated that I have to.
- B. I start moving fast — bouncing between tabs, making lists, replying to messages, starting three things at once. I'm busy nonstop, but I don't feel settled or finished.
- C. I immediately think about what everyone else needs. I start adjusting, accommodating, saying yes, even if something in me feels tired.
- D. I feel a wave of heaviness. I want to lie down, zone out, or just not deal with anything. Even small tasks feel like too much.
- E. My brain speeds up but my body feels slow. I stare at my to-do list, reread the same email three times, open and close apps, and feel stuck.

2. When someone drops the ball...

- A. I feel a surge of frustration and think, "Of course. I'll just handle it." I may not say it out loud, but I'm irritated.
- B. I jump in immediately and fix it — I don't even pause. I just start doing.
- C. I minimize it and say, "It's okay, no worries," even if it actually bothers me.
- D. I shut down emotionally and stop engaging. It's like my energy drains out of the situation.
- E. I replay it in my head for hours — what I should say, what they meant, how I should respond — but I don't actually address it.

3. My stress usually looks like...

- A. Snapping at people I love, being short-tempered, or feeling like I'm carrying idiots on my back.
- B. Constant motion. Cleaning something, organizing something, answering something — I can't sit still.
- C. Saying yes when I shouldn't and later feeling resentful or exhausted.
- D. Canceling plans, withdrawing, scrolling, or emotionally disappearing.
- E. Doom-scrolling while anxious, knowing I have things to do but feeling unable to start.

4. When I hit my breaking point...

- A. I explode — I say something sharp, get reactive, and then later feel guilty about it.
- B. I push through until my body forces me to stop — headaches, exhaustion, getting sick.
- C. I cry, feel fragile, and question whether I can handle my life.
- D. I feel flat and heavy. Getting out of bed or responding to texts feels monumental.
- E. I sit on the couch with my laptop open, thinking about everything I need to do but doing none of it.

5. My relationship with responsibility feels like...

- A. If I don't stay on top of it, things will fall apart.
- B. I can always handle a little more — and then a little more.
- C. It's my job to make sure everyone is okay.
- D. It feels endless and draining.
- E. I want to be responsible — I just can't seem to execute consistently.

6. When I finally sit down to rest...

- A. I'm still tense. I replay conversations or mentally organize what needs to happen next.
- B. I feel guilty for not being productive and end up doing "just one more thing."
- C. I'm still thinking about what other people might need from me tomorrow.
- D. I feel empty or numb — like I don't even know what I enjoy anymore.
- E. My brain won't turn off. I scroll, research, plan, but don't actually relax.

7. When I make a mistake...

- A. I feel defensive and want to explain myself immediately.
- B. I fix it instantly and overcorrect.
- C. I spiral into self-criticism and feel ashamed.
- D. I withdraw and avoid the situation.
- E. I obsess over it and replay it repeatedly in my mind.

8. At home after a long day...

- A. I'm overstimulated and snap over small things.
- B. I start doing chores — I can't relax until everything is handled.
- C. I keep helping everyone else and collapse later.
- D. I disappear into a room or into my phone.
- E. I lie on the couch thinking about what I should be doing but feel unable to move.

HOW TO SCORE THE QUIZ

Count:

- A's: _____ = Commander
- B's: _____ = Hustler
- C's: _____ = Harmonizer
- D's: _____ = Drifter
- E's: _____ = Spinner

HOW TO INTERPRET RESULTS

Primary Archetype = Highest Score
Secondary Archetype = Second Highest

Stress Archetype Descriptions

A's = The Scarlet Commander

Primary Nervous System Lean: Fight (Sympathetic Mobilization)

Nervous System Snapshot: When stress hits, your system mobilizes fast. You move toward the problem with intensity. Your body tightens. Your energy sharpens.

Core Strength

Leadership. Decisiveness. Protection. You get things done.

Shadow Side

Control. Blame. Irritability.

You grip tighter when you feel unsupported.

You may intimidate instead of communicate.

Underneath the heat is usually:

Fear of losing control or being left holding everything alone.

Growth Edge

- Practice softening before reacting.
- Let others struggle without rescuing or taking over.
- Feel anger as information — not a weapon.
- Regulate before responding.

Reflection Questions:

- What resonates with you here?
- Where do you see this show up in your life?
- Who does this remind you of, and why?

B's = The Hustler

Primary Nervous System Lean: Flight (Sympathetic Overdrive)

Nervous System Snapshot: When stress rises, you move. Faster. You add more. You try to outrun discomfort through productivity.

Core Strength

Momentum. Adaptability. High capacity.

Shadow Side

Overdrive. Avoidance through busyness. Chronic depletion.

You don't stop until your body forces you to.

Underneath the speed is usually:

Fear of falling behind or not being enough.

Growth Edge

- Learn to pause before collapse.
- Complete stress cycles physically (movement before more planning).
- Reduce "just one more thing" impulses.
- Practice finishing before starting something new.

Reflection Questions:

- What resonates with you here?
- Where do you see this show up in your life?
- Who does this remind you of, and why?

C's = The Harmonizer

Primary Nervous System Lean: Fawn (Appease for Safety)

Nervous System Snapshot: When stress hits, you orient toward others. You smooth. You accommodate. You try to keep the emotional temperature steady.

Core Strength

Empathy. Reliability. Emotional intelligence.

Shadow Side

Self-abandonment. Quiet resentment.

You disappear while trying to keep the peace.

Underneath the harmony is usually:

Fear of rejection or disapproval.

Growth Edge

- Practice small, safe no's.
- Check your body before saying yes.
- Let anger exist without shame.
- Build tolerance for disappointing someone.

Reflection Questions:

- What resonates with you here?
- Where do you see this show up in your life?
- Who does this remind you of, and why?

D's = The Silver Drifter

Primary Nervous System Lean: Shutdown (Dorsal Collapse)

Nervous System Snapshot: When stress becomes chronic, your system conserves energy. You feel heavy, flat, or disconnected.

Core Strength

Endurance. Emotional containment. Depth.

Shadow Side

Withdrawal. Isolation. Loss of vitality.

You don't explode — you fade.

Underneath the heaviness is usually:

Long-term exhaustion and unmet needs.

Growth Edge

- Gentle activation (short walks, stretching, sunlight).
- Low-stakes connection.
- Small achievable tasks to rebuild momentum.
- Warmth before willpower.

Reflection Questions:

- What resonates with you here?
- Where do you see this show up in your life?
- Who does this remind you of, and why?

E's = The Violet Spinner

Primary Nervous System Lean: Functional Freeze (Sympathetic + Dorsal Blend)

Nervous System Snapshot: Your mind accelerates under stress, but your body feels drained. You feel urgency without momentum.

Core Strength

Insight. Depth of thought. Strategic awareness.

Shadow Side

Paralysis. Overthinking. Self-doubt.

You care deeply — but feel stuck.

Underneath the spin is usually:

Overload without completion.

Growth Edge

- Move your body before you move your mind.
- Reduce cognitive input (close tabs, fewer lists).
- Take one imperfect action quickly.
- Finish small things to build forward momentum.

Reflection Questions:

- What resonates with you here?
- Where do you see this show up in your life?
- Who does this remind you of, and why?

Stress Archetype

Knowing your stress archetype gives you a clear starting point for identifying your stress patterns. The way stress shows up in your body isn't random — it tends to follow familiar loops. Like Groundhog Day, you may notice the same reactions in similar situations: irritation rising when you're stuck in traffic, or your body filling with jitters as you mentally and physically spin in circles when you're supposed to be answering emails. Knowing your stress archetype gives you a jump in identifying these patterns. Below record what you are learning about yourself and your stressors from the lens of your archetype.

Dominate Stress Archetype:

What about this type resonates? How do you see this play out in your life?
Give real examples...

Secondary Stress Archetype:

What about this type resonates? Does this type show in different situations than your dominate style? How do you see this play out in your life? Give real examples...



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