

## H2 DNA Spectrum: Instinct Self-Assessment

Instructions:

Rate each statement from 1 to 5, where:

1 = Rarely true for me   2 = Sometimes   3 = Often   4 = Usually   5 = Almost always true.

Answer quickly and honestly based on how you naturally react, not how you think you “should.”

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### **Instinct & Regulation (Fight / Flight Bias)**

1. When a problem appears suddenly, my first instinct is to take charge before others do.
  2. I notice subtle shifts in people's mood or energy before they say anything.
  3. I stay calm and focused even when others are panicking.
  4. When things feel uncertain, I prefer to observe before acting.
  5. If something feels unfair, I can't rest until I confront it directly.
  6. I often sense danger or tension that others seem to miss.
  7. I thrive when things are changing quickly; routine drains me.
  8. I need time alone to think before I commit to an action.
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### **Pressure & Control**

9. I tend to take responsibility when a group loses direction.
10. I get frustrated when plans change without explanation.
11. I find myself protecting people or projects I care about, even when it's not my role.
12. I prefer to master one thing deeply rather than juggle many things superficially.

13. I test people or systems to see if they're strong enough to trust.

14. When I feel cornered, I either fight back or withdraw completely.

15. I often take the role of peacekeeper when others argue.

16. I enjoy challenging norms just to see if a better way exists.

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## **Connection & Safety**

17. I read body language and tone more than words.

18. I recharge by being around people I trust.

19. I prefer harmony over winning arguments.

20. I get restless when things stay the same for too long.

21. I instinctively step in when someone looks uncomfortable or lost.

22. I have a strong sense of territory — spaces or ideas that “belong” to me.

23. I avoid conflict unless I know I can win or protect someone.

24. I use humor to diffuse tension or test sincerity.

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## **Focus & Adaptation**

25. I make decisions fast and rarely second-guess.

26. I notice patterns and connections others overlook.

27. I like experimenting or solving problems with limited resources.

28. I have a low tolerance for inefficiency or disorganization.

29. I often take on too much because I trust my endurance.

30. When I'm overwhelmed, I tend to shut down or freeze instead of speaking up.