



Are You an Over-functioner?

Unlock the Pattern That's Been Running Your Life

Part 1: Present Behavior

1. I feel responsible for other people's feelings and reactions.
2. I tend to anticipate problems before they arise and fix them preemptively.
3. I say yes, even when I'm exhausted or overloaded.
4. I often do more than my share in relationships or on teams.
5. I find it easier to give help than to receive it.
6. I feel anxious when things are left undone or unstructured.

Part 2: Emotional Landscape

7. I sometimes resent how much I carry, but don't know how to stop or set limits.
8. I struggle to relax, even when there's nothing urgent to do.
9. I feel invisible, even while being the one who "does everything right."

Part 3: Origins & Family Fractals

10. I grew up in a household where someone other than a parent had to "be the adult."
11. I was often praised for being mature, helpful, or selfless as a child.
12. I didn't have the luxury of depending on others growing up. I can't ask for help.

Scoring Instructions--For each statement, score yourself:

- **1 point** — *Rarely, Intermittently, Not Generally*
- **2 points** — *Often, Sometimes, Generally So*
- **3 points** — *Mostly, Routinely, Definitely YES*

There are **12 questions**, so total possible score = **36**

Results Interpretation

Light Patterning[®]

Score: 12–17

You're showing mild tendencies toward overfunctioning, often situational or temporary. You may have inherited a few of these habits but can typically maintain balance and boundaries.

Moderate Overfunctioning[®]

Score: 18–26

You've likely internalized this pattern over time. It may feel normal to over-give, over-anticipate, and overcompensate — but it's starting to cost you emotionally or physically. You're ready to shift.

Deeply Patterned Overfunctioning[®]

Score: 27–36

This is likely a core survival strategy developed early on. It shows up across roles — in work, relationships, caregiving, and leadership. This pattern needs attention not because you're broken, but because you deserve to rest, receive, and re-pattern.

Reflection

- What would it feel like to do less?
- What part of you believes you must do it all?
- Where did this pattern begin?

Ready to interrupt the pattern?

Join the 6-week guided experience: Fractals of Personality — How Inner Patterns Shape Outer Lives. [\[Link Here\]](#)