



# Rewrite Readiness Quiz: Which Phase of Healing Are You In?

*Powered by The Rewrite Framework™*

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## **Purpose:**

This quiz helps women identify where they currently are in their healing journey after domestic violence and which phase of the Rewrite Framework™ best supports their next step. It can be used as a lead magnet, onboarding tool or reflection exercise.

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## **Instructions:**

Answer the following 10 questions as honestly as you can. At the end, tally your points to reveal your phase.

**Rate each statement from 1 to 5:**

1 = Strongly Disagree

5 = Strongly Agree

- 1. I feel physically and emotionally safe in my current environment.**
- 2. I often feel stuck in the past or overwhelmed by what happened to me.**
- 3. I can name the emotions I'm feeling and allow myself to feel them without judgment.**
- 4. I am actively working on replacing negative beliefs about myself with empowering ones.**
- 5. I struggle with setting and maintaining healthy boundaries.**
- 6. I have a clear vision for the life I want to create and know what my core values are.**
- 7. I feel in control of my finances and confident making financial decisions.**
- 8. I consistently follow a routine that supports my emotional and physical well-being.**
- 9. I feel like I'm rewriting my story instead of being defined by it.**
- 10. I want to give back, lead, or help others using what I've learned.**

## Scoring:

Tally your score across all questions.

Total Score	Your Rewrite Phase
10-19	<b>Phase 1: Stabilize</b> — Focus on safety, nervous system healing and emotional grounding.
20-29	<b>Phase 2: Reflect</b> — You're ready to <i>validate emotions and begin processing the past</i> .
30-39	<b>Phase 3: Reframe*</b> — You're shifting beliefs and reshaping your* internal story.
40-44	<b>Phase 4: Rebuild</b> — You're stepping into your power, working on vision and life skills.
45-50	<b>Phase 5: Reclaim</b> — You're ready to lead, create and embody your rewritten story.

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## Results & Next Steps:

Use the result to guide you toward the phase-based support you need:

- **Stabilize:** Start with grounding tools, self-regulation and a safe support system.
  - **Reflect:** Join sessions focused on emotional literacy and inner healing.
  - **Reframe:** Begin identity and belief shift coaching.
  - **Rebuild:** Work with a coach to strengthen life skills, routines and values.
  - **Reclaim:** Step into your leadership path, story-sharing and empowerment.
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*To deepen your journey with The Rewrite Framework™, visit [www.matermateriamedica.com](http://www.matermateriamedica.com) or book a free strategy call today.*