



PRESSURE MAPPING DIAGNOSTIC

**Identify What's Draining You & What
Needs to Change First**

Before You Begin

Most people do not collapse all at once.

Pressure builds slowly:

- through responsibility,
- relationships,
- expectations,
- fatigue,
- disappointment,
- survival mode,
- constant adaptation,
- and the quiet accumulation of things left unprocessed.

Eventually the pressure begins to show up somewhere:

- emotionally,
- physically,
- relationally,
- mentally,
- spiritually,
- financially,
- or structurally.

The problem is that many people cannot clearly identify:

- what is pressuring them,
- where the pressure is originating,
- or why they no longer feel stable.

This diagnostic is designed to help you:

- slow down,
- observe more honestly,
- identify pressure patterns,
- and determine what needs attention first.

Do not rush through it. Clarity matters more than speed.

Section I — Current Pressure Assessment

Rate each statement from 1–5

1 = Rarely True | 5 = Constantly True

Statement	Rating
I feel mentally overloaded	___
I feel emotionally exhausted	___
I struggle to rest even when I have time	___
I feel responsible for too much	___
Small situations affect me more than they used to	___
I feel internally tense most days	___
I feel trapped by responsibilities or expectations	___
I am functioning, but not truly stable	___
I feel unseen in what I carry	___
I feel disconnected from myself	___

Reflection

What statement stood out to you most and why?

Section II — What Are You Carrying?

Place a check beside everything you currently carry responsibility for.

Personal

- My own emotional regulation
- My physical health

- Financial pressure
- Career/work demands
- Decision fatigue
- Ongoing stress management

Relational

- Marriage/relationship tension
- Parenting responsibilities
- Caring for extended family
- Emotional support for others
- Conflict management
- Keeping peace in relationships

Practical

- House management
- Scheduling/logistics
- Transportation responsibilities
- Administrative tasks
- Managing other people's crises

Internal

- Fear of failure
- Fear of disappointing people
- Feeling like I cannot stop
- Pressure to appear okay
- Internal shame or self-criticism
- Carrying grief, anger, or unresolved hurt

Reflection

Which responsibilities feel heaviest right now?

What feels unsustainable?

Section III — Where Is Your Life Going?

There are 168 hours in a week. Pressure often increases when:

- responsibilities exceed capacity,
- rest disappears,
- or life becomes reactive instead of intentional.

Estimate how your weekly hours are currently distributed.

Area	Approximate Hours
Work	___
Sleep	___
Family Responsibilities	___
Household Tasks	___
Emotional Recovery	___
Time Alone	___
Social Interaction	___
Screen Time	___
Spiritual/Reflective Time	___
Creative or Life-Giving Activities	___

Reflection

Where do you feel most depleted?

Where do you have the least margin?

Section IV — Signs Pressure Is Affecting You

Check any that apply.

Emotional

- Irritability
- Numbness
- Anxiety
- Emotional shutdown
- Increased sensitivity
- Feeling detached
- Hopelessness
- Overwhelm

Physical

- Exhaustion
- Sleep disruption
- Headaches
- Muscle tension
- Chest tightness
- Digestive issues
- Constant fatigue

Relational

- Withdrawal
- Short temper
- Avoiding conversations
- Feeling misunderstood
- Increased conflict
- Feeling emotionally alone

Functional

- Difficulty concentrating
- Forgetfulness
- Procrastination
- Overworking
- Difficulty making decisions
- Feeling stuck

Reflection

What warning signs concern you most?

Section V — Relationship Pressure Points

Pressure often becomes visible in relationships first. Rate each statement from 1–5.

Statement	Rating
I feel emotionally safe in my primary relationships	___
I feel heard and understood	___
I feel free to say no without guilt	___
I feel supported, not just needed	___
I feel pressure to manage other people's emotions	___
I avoid conflict to keep peace	___
I feel resentment building internally	___
I feel lonely even around people	___

Reflection

What relational dynamic is affecting you most right now?

Section VI — Pressure Responses

When pressure increases, what do you tend to do?

Check all that apply.

- Over-function
- Shut down
- Withdraw
- Over-explain
- Become emotionally reactive
- Avoid decisions
- Work harder
- Isolate
- Become controlling

- Numb out with distractions
- Keep everyone else stable first
- Pretend I'm okay

Reflection

Which response pattern do you recognize most clearly in yourself?

What do you think this pattern is trying to protect?

Section VII — Clarity & Next Steps

You do not have to fix everything at once. But you do need honesty about what is no longer sustainable.

What currently feels most out of balance?

What pressure source needs attention first?

What boundary, conversation, adjustment, or decision may be necessary?

What would greater stability look like in your life right now?

Pressure Pattern Indicators

Mostly Mental Overload

You may be carrying:

- excessive decision fatigue,
- constant internal vigilance,
- inability to mentally disengage,
- or chronic responsibility strain.

People in this category often:

- overthink,
 - struggle to rest,
 - and feel exhausted even when sitting still.
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Relational Pressure Dominance

Your pressure may be heavily connected to:

- emotional labor,
- conflict tension,
- people management,
- caregiving,
- or feeling unseen in relationships.

People in this category often:

- suppress their own needs,
 - avoid conflict,
 - or carry resentment quietly.
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Functional Survival Mode

You may be operating primarily from survival rather than stability.

This often appears as:

- functioning without margin,
- emotional numbness,

- overworking,
 - shutdown cycles,
 - or difficulty recovering internally.
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Internalized Pressure

You may be carrying pressure internally that others cannot easily see.

This often includes:

- self-criticism,
 - fear of disappointing others,
 - emotional suppression,
 - shame,
 - or pressure to appear okay.
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Important Reminder

This diagnostic is not a mental health diagnosis.

It is a structured reflection tool designed to help identify areas of pressure, overload, imbalance, and strain that may require further attention and support.

Clarity Is the Beginning of Change

Awareness alone does not automatically create transformation.

But clearly identifying:

- pressure,
- patterns,
- exhaustion,
- imbalance,
- and internal strain

is often the first step toward rebuilding stability.

If you would like support interpreting your results and identifying next steps, you can schedule a Pressure Mapping Review Session with:

Dr. Lisa M. Hill

Restoration • Formation • Life Architecture

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