

Form 11

Survival Analysis Form

1. The first Survival Analysis Question: Is the fear valid?

- a. What is the situation? _____
- b. What is the fear? _____
- c. Are there any additional fears? _____

- d. Is the fear in the future? _____
- e. How far in the future is the fear? _____
- f. Will my physical survival be threatened if what I fear comes to pass?
 Yes No
- g. Which survival need will be affected? _____
- h. Is the fear valid? Yes No
- i. Can I fight or flee the situation? Yes No

Analysis

If the fear is valid, then go on to the second SAQ.

If the fear is not valid, then stop the survival response around this issue. This situation **does not** affect your survival.

2. The second Survival Analysis Questions: Do you really need this?

- a. Is this on my wants list or my needs list? _____
- b. Will I die if I do not get this thing? Yes No
- c. Will I lose all my money and not be able to buy my survival needs if this happens? Yes No
- d. How does having this thing or situation contribute to my physical survival? _____

- e. Am I reacting to the fact that everyone else has this, even though I do not know why I want this? Yes No
- f. Is this item worth working for to get the money to buy it? Yes No
- g. If it is a need, can I move it to the wants list? Yes No
- h. Is society defining this as a need for me? Yes No

- i. If I could only buy things I needed, would I have to buy this?
 Yes No
- j. Can I stop increasing my need for this item? Yes No
- k. If the need is about money, is it about wants or needs? _____

Analysis

If this is about a need, then move on to the third SAQ.
 If this not about a need but a want, then stop the survival response around this issue.

3. The third Survival Analysis Question: Will I die if I have less?

- a. Can I lower my food survival needs? Yes No
- b. How can I lower my food survival needs? _____

- c. Can I lower my housing survival needs? Yes No
- d. How can I lower my housing survival needs? _____

- e. Can I lower my clothing survival needs? Yes No
- f. How can I lower my clothing survival needs? _____

- g. Can I lower my health survival needs? Yes No
- h. How can I lower my health survival needs? _____

- i. Can I lower my housing survival needs? Yes No
- j. How can I lower my housing survival needs? _____

- k. Is society's marketing pushing my buttons and elevating this want to a need?
 Yes No

Analysis

If you consider this a need, then move on to the fourth SAQ.
 If you now do not consider this a need, then stop the survival response around this issue.

4. The fourth Survival Analysis Question: What will really happen if I lose my job?

- a. How much money do I live on a month? _____

- b. How many months of savings/investments do I have before I'd run out of money?

- c. What would I do to conserve money if I lost my job? (List all the things you can think of here) _____

- d. What would I sell/pawn if I ran out of money? _____
- e. How long will my current clothing last? _____
- f. How long will my food last? _____
- g. How long can I afford health care? _____
- h. How long can I afford my rent/mortgage? _____

My story about what would happen if this fear is true is: _____

Analysis

Now that you know the current state of your life if the worst case happened, move on to the fifth SAQ.

5. The fifth Survival Analysis Question: How can I survive when the fear is real?

- a. What would I do if I had no money to buy clothes? _____

- b. Would I ask for help from: (check all that apply and be specific)
 - 1. Family
 - 2. Friends
 - 3. Local charities
 - 4. Local government
 - 5. State government
 - 6. Federal government
- c. What would I do if I had no money to buy food? _____

- d. Would I ask for help from: (check all that apply and be specific)

1. Family
2. Friends
3. Local charities
4. Local government
5. State government
6. Federal government

e. What would I do if I had no money to pay the rent/mortgage? _____

f. Would I ask for help from: (check all that apply and be specific)

1. Family
2. Friends
3. Local charities
4. Local government
5. State government
6. Federal government

g. What would I do if I had no money to pay for health care? _____

h. Would I ask for help from: (check all that apply and be specific)

1. Family
2. Friends
3. Local charities
4. Local government
5. State government
6. Federal government

i. What would I do if I needed money to pay for any survival need? _____

j. Would I ask for help from: (check all that apply and be specific)

1. Family
2. Friends
3. Local charities
4. Local government
5. State government
6. Federal government

k. What would I do if I thought I might lose my job? (check all that apply and be specific)

1. Get additional training
2. Transfer within the company
3. Look for another job
4. Other thoughts

1. What would I do if I do lose my job? (check all that apply and be specific)
 1. Take a lower paying job
 2. Move to where I could get a job
 3. Start my own business
 4. Take a part-time job
 5. Change careers/get training
 6. Other thoughts