CORIE CHU
Healing

IS YOUR INDEPENDENCE ACTUALLY HOLDING YOU BACK?

Are you fiercely independent or quietly exhausted? Take this quick quiz to discover if your habit of carrying it all is helping you thrive... or holding you back from deeper connection, support, and ease.

QUIZ QUESTIONS

1. When something stressful happens, what's your first instinct?
A. Solve it myself asking for help isn't my style
B. I'll try to handle it, but if it gets too much I might reach out
C. I often check in with someone I trust before deciding what to do

2. How do you feel when someone offers to help you?
A. Uncomfortable I'd rather not inconvenience them
B. Grateful, but a bit awkward accepting
C. Relieved and happy to accept

3. At work or in your business, delegating tasks feels...
A. Risky I worry it makes me look less capable
B. Necessary sometimes, but I still double-check everything
C. Empowering I trust others and enjoy sharing the load

4. When you're going through a tough time, who knows about it?
A. No one I keep it to myself
B. Maybe one or two people, if they ask
C. I share openly with those close to me

5. Which statement feels most true?
A. I don't want to burden others, so I try to handle things alone
B. I sometimes wish I could ask for more help
C. I believe asking for help is healthy and builds connection

RESULTS

Mostly A's:

You're a pro at independence, but at what cost?
You're strong, resourceful, and reliable, but your "I'll do it myself" mindset may be quietly isolating you and piling on stress. It might be time to experiment with letting others in just a little. You don't have to carry it all, all the time.

Mostly B's:

You're in the middle, likely craving support but not always sure how to ask. You recognize the value in connection, but old habits die hard. Try noticing when you hesitate to reach out, and give yourself permission to accept help. You're closer to balance than you think.

Mostly C's:

You're building healthy interdependence!
You know that strength isn't about doing it alone, but about letting others share the journey. Keep nurturing those connections—you're modeling what true support looks like.

Want a gentle affirmation or tip based on your result?
DM me "QUIZ" on Instagram, and I'll send you a voice note just for you.

Ready to experiment with receiving? Try saying “yes” to one small offer of help this week even if it feels awkward. Notice how it feels, and be gentle with yourself. Want more gentle reminders about self-care and connection? Join my newsletter for ongoing support no pressure, just inspiration when you need it most.

AFFIRMATIONS & TIPS BY RESULT:

Mostly A’s – Independence Pro

Gentle Affirmation:
“It’s safe for me to let others in, even just a little.”

Tip:
This week, practice accepting a small favor like letting someone open a door or offer advice. Notice how it feels to receive.

Mostly B’s – In the Middle

Gentle Affirmation:
“I am worthy of support, and it’s okay to ask for help.”

Tip:
Pause when you feel hesitation about reaching out. What’s one tiny way you could let someone support you today?

Mostly C’s – Building Healthy Interdependence

Gentle Affirmation:
“Connection is strength. I honor the support I give and receive.”

Tip:
Celebrate the ways you already nurture healthy connections, and consider sharing your journey with someone who might need encouragement.

Gentle reminder: Feel free to rephrase these suggestions in words that feel most natural and aligned for you. Your journey is unique, and your language should reflect that.