

THE SOV-LINE™ SELF-ASSESSMENT

Welcome

Welcome. What you're about to do isn't a test you can pass or fail — it's a quiet, honest look at where you actually stand right now, today, after everything you've lived and learned. We call the boundary between two ways of relating to yourself “The Line”: above it is the self-love and creative energy you return to when you're at your best; below it are the older, reactive patterns that once kept you safe but now quietly cost you. Most women move between both sides in the same week, sometimes the same hour, and that's not a flaw — it's just where you are. Answer each item the way it actually lives in your life lately, not the way you wish it did, and let this be the start of a more honest conversation with yourself.

Before you begin: find a quiet ten minutes. There are no right answers here — only honest ones.

How This Works

Below are 7 Horizons — the core territories of self-relationship in the SOV-LINE™ Framework. Each Horizon has two questions: Question A asks about an Above the Line (Creative) pattern, and Question B asks about a Below the Line (Reactive) pattern. For each question, circle the number that feels most true for your life right now.

1—Rarely / Not True for Me; 2-Sometimes True; 3-Neutral; 4-Mostly True; 5—Very True for Me

HORIZON 1 – WORTH**Self-Acceptance ↔ Self-Judgment**

Question A (Above the Line). I can hold my imperfections and my strengths in the same hand, without needing to fix myself before I feel whole.

1	2	3	4	5
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Question B (Below the Line). I catch myself replaying my flaws and mistakes long after they're over, as if I haven't yet earned the right to let them go.

1	2	3	4	5
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HORIZON 2 – SOFTENING**Self-Compassion ↔ Self-Criticism**

Question A (Above the Line). When I'm struggling, I know how to comfort myself the way I'd comfort someone I love.

1	2	3	4	5
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Question B (Below the Line). When I fall short of my own expectations, the voice in my head is sharper with me than it would ever be with a friend.

1	2	3	4	5
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HORIZON 3 – TRUTH**Authenticity ↔ People-Pleasing**

Question A (Above the Line). I can say what's true for me, even when it might disappoint someone, and still feel grounded afterward.

1	2	3	4	5
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Question B (Below the Line). I find myself softening my opinions or needs in a conversation just to keep the peace, even when it costs me something.

1	2	3	4	5
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HORIZON 4 – SANCTUARY**Boundaries & Self-Respect ↔ Self-Abandonment**

Question A (Above the Line). I notice when my energy is running low, and I protect it without guilt or over-explaining.

1	2	3	4	5
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Question B (Below the Line). I say yes to things I don't have the energy for, and then quietly resent myself for it later.

1	2	3	4	5
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HORIZON 5 – ABUNDANCE**Gratitude & Appreciation ↔ Comparison & Envy**

Question A (Above the Line). I can genuinely celebrate how far I've come, on my own timeline, without needing anyone else's life as the ruler.

1	2	3	4	5
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Question B (Below the Line). I measure my life against other women's milestones – their bodies, careers, relationships, or freedom – and come away feeling like I'm behind.

1	2	3	4	5
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HORIZON 6 – ANCHOR**Inner Peace & Trust ↔ Anxiety & Control**

Question A (Above the Line). Even in uncertainty, I can find a settled place inside myself – a sense that I'll be okay, even without knowing how things unfold.

1	2	3	4	5
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Question B (Below the Line). I try to manage or anticipate everything because some part of me believes that if I relax my grip, it will all fall apart.

1	2	3	4	5
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HORIZON 7 – SACRED FIRE**Joy & Radiance ↔ Shame & Suppression**

Question A (Above the Line). I let myself be fully seen – playful, expressive, alive – without shrinking to make others comfortable.

1	2	3	4	5
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Question B (Below the Line). I tone down my enthusiasm, laughter, or full self around others so I won't seem like 'too much.'

1	2	3	4	5
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Reading Your Results: The Diagnostic Key

For each of the 7 Horizons, you answered two questions: Question A (Above the Line) and Question B (Below the Line).

Your Above Score for that Horizon is simply your answer to Question A (1–5).

Your Below Score for that Horizon is simply your answer to Question B (1–5).

Write both numbers into the scoring grid, then calculate the Differential for each Horizon:
Differential = Above Score – Below Score (A – B).

Horizon	Above (Q A)	Below (Q B)	Differential (A – B)
1. Worth			
2. Softening			
3. Truth			
4. Sanctuary			
5. Abundance			
6. Anchor			
7. Sacred Fire			

Your Active Horizon

How to identify it: The Horizon with the HIGHEST Above Score (Q A) (ties broken by the largest positive Differential).

This is where you are currently most steady, resourced, and living from self-love. It is not 'finished work' — it's your strongest foothold, and the place to draw confidence and strategy from as you take on the Horizon below.

Your Rising Horizon

How to identify it: The Horizon with the HIGHEST Below Score (Q B) (ties broken by the smallest, or most negative, Differential).

This is where reactive, self-neglecting patterns are currently the loudest in your life — and exactly where the most useful, most alive coaching work begins. This is not the Horizon where you are 'failing.' It's the Horizon asking for your attention first.

A Volatile Horizon (if present)

How to identify it: Any single Horizon where BOTH the Above Score (Q A) AND the Below Score (Q B) are 4 or 5.

This signals a Horizon you are intensely aware of and actively working with — you can feel yourself doing both the creative and the reactive version of this pattern, often within the same week. This often points to a Horizon in active transition, and can be a powerful, energized place to focus rising work, because the self-awareness is already present.

Your Primary Conclusion

Write your Active Horizon and your Rising Horizon below. This pairing — your strongest foothold and your loudest invitation — is the starting compass for your coaching work together.

My Active Horizon is:	
My Rising Horizon is:	
My Volatile Horizon (if any) is:	

Post-Assessment Reflection

Take a few minutes, with your results beside you, to journal on the following. Let your hand move before your inner editor catches up.

1. Looking at your Rising Horizon, where in your life this month have you seen this pattern show up most clearly — and what did it cost you?

2. If your Active Horizon is already a strength, how might you use it as a foundation to support the work ahead in your Rising Horizon?

3. What would it feel like — in your body, not just your mind — to spend one week living slightly more Above the Line in your Rising Horizon?

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