## **Lead Magnet: The Relationship Role Quiz**

**"What Role Are You Playing in Your Relationships and What’s It Costing You?"**

Discover the unconscious emotional identity guiding how you show up in love, family, friendships, and beyond and what needs to shift so you can feel valued, secure, and emotionally seen.

### **👇 Start Here: Answer Honestly — No Overthinking**

**1. When you’re upset in a relationship, what’s your first instinct?** a) Soften it or downplay it — I don’t want to be too much.  
 b) Try to solve it quickly to get back to peace.  
 c) Blame myself and internalise the issue.  
 d) Stay quiet — I feel like it won’t be received anyway.  
 e) Push through it — I’m used to being the strong one.  
 f) I try to fix them, or make excuses for their behaviour.

**2. When your needs aren’t met, how do you respond?** a) I try to need less.  
 b) I focus on being more useful or supportive.  
 c) I feel resentful but rarely say anything.  
 d) I feel guilty for even having needs.  
 e) I over-function or over-give hoping they’ll notice.  
 f) I plan the conversation in my head but rarely actually have it.

**3. Which statement feels the most like you?** a) I don’t want to burden anyone with how I really feel.  
 b) I’m the one everyone relies on emotionally.  
 c) I’m exhausted from being the capable one all the time.  
 d) I feel like I’m walking on eggshells to keep things smooth.  
 e) I have to prove I’m worth loving by being perfect.  
 f) If I stop fixing it, who will?

**4. How do you tend to feel after spending time with close people (partner, family, friends)?** a) Slightly invisible or like I edited myself.  
 b) Numb or emotionally flatlined.  
 c) Responsible for how everyone else is feeling.  
 d) Quietly resentful.  
 e) Like I worked hard to be okay.  
 f) Like I’ve done all the emotional lifting again.

**5. What’s your deepest relational fear?** a) That I’m too much to be loved.  
 b) That no one will ever show up for me the way I do for them.  
 c) That if I speak up, I’ll lose the connection.  
 d) That I’m not enough to be chosen just as I am.  
 e) That I’ll always have to earn my place.  
 f) That if I stop being useful, I’ll be forgotten.

### **✨ Your Result — The Role You’ve Been Playing**

(Whichever letter you chose most often = your result)

#### **🔹 A: The Self-Silencer**

You’ve learned to be emotionally small to feel safe. You downplay your feelings, scan for others’ comfort, and constantly adjust to keep the connection intact. But at what cost?

**What it’s costing you:** Your voice. Your truth. Your ability to feel emotionally nourished.

**Your next step:** Learn how to safely reconnect with your emotional truth without fear of being "too much."

#### **🔹 B: The Invisible Anchor**

You’re the strong one. The safe one. The reliable one. But somewhere along the way, being the anchor turned into emotional invisibility.

**What it’s costing you:** Being truly seen. Being poured into. Feeling emotionally supported.

**Your next step:** Shift from being the emotional container for everyone else to becoming the centre of your own experience.

#### **🔹 C: The Resilient But Resentful One**

You’re always fine. Capable. In control. Until you’re not, and all the unspoken frustration bubbles beneath the surface.

**What it’s costing you:** Honest connection. Spaciousness. Your nervous system.

**Your next step:** Learn to express emotion before it becomes resentment, and feel safe letting others carry some of the emotional load.

#### **🔹 D: The Emotional Over-Giver**

You pour. And pour. And pour. You earn love by being indispensable. But deep down, you’re wondering: *What about me?*

**What it’s costing you:** Balance. Reciprocity. Your own emotional needs.

**Your next step:** Begin the work of receiving without guilt — and creating love that’s mutual, not managerial.

#### **🔹 E: The Performer in Love**

You’ve perfected being who others want you to be. You lead with value, with care, with control. But the version of you they love… isn’t fully you.

**What it’s costing you:** Real intimacy. Safety in vulnerability. Feeling chosen for who you *are* — not what you provide.

**Your next step:** Rebuild emotional safety from the inside out so your relationships reflect your *real* identity.

#### **🔹 F: The Fixer Who’s Tired of Fixing**

You’ve made everyone else your project. You manage feelings, problems, and people. But no one’s managing yours.

**What it’s costing you:** Emotional reciprocity. Rest. Real partnership.

**Your next step:** Reclaim your energy from fixing and focus it inward, where the real transformation begins.

### **💌 CTA: Ready to Step Out of the Role?**

**You weren’t born to perform, prove, or over-function your way into love.**

Let’s recalibrate the identity that’s been driving your patterns and create relationships that meet *you* for once.

**Take the next step, pop me a message** [**HERE**](https://www.samanthahyam.com/contact-1) **to see how I can support you!**

Wishing you an amazing day, life and relationships!

Sam x