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Which Protective Role Is Leading in Your Life?

*A gentle quiz and guide to the adaptations that have kept
you safe.*

THE POINT IS

*You are not broken. These roles are intelligent, protective adaptations
— not character flaws.*

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ROLE DISCOVERY | 01

You Are Not Broken

You do not need fixing.

The roles you have carried for years — smoothing things over, keeping the peace, holding everything together, or making yourself low-maintenance — are not character flaws. They are intelligent adaptations and protective masks that your younger self and nervous system learned to keep you safe, accepted, loved, or needed.

REMEMBER

When we bring compassionate self-understanding to these roles, we stop judging them and start noticing them with kindness.

This creates the gentle gap needed for conscious self-inclusion — the practice of including your own needs, feelings, and truth in your choices. The quiz on the next pages is not a diagnosis or a label; it is a gentle mirror to help you notice which protective adaptation may be asking for your compassion today.