

Wounded Feminine & Masculine Energy Worksheet

Reclaiming Balance, Safety & Self-Leadership

Before you can change a pattern, you have to see it.

Most of the ways you think, feel, and respond in your life today didn't start with you. They were learned, through your environment, your relationships, and the roles you had to take on to feel safe, loved, or accepted.

Over time, these patterns become automatic.

You may not even question them, you just live with them.

This is where wounded feminine and masculine energy shows up.

- The **feminine** reflects your emotional world—how you feel, receive, and connect.
- The **masculine** reflects your external world—how you act, lead, and create structure.

When these energies are out of balance, you can find yourself:

- Overgiving or overcontrolling
- Burned out or emotionally overwhelmed
- Stuck in cycles that don't reflect who you truly are

This work is not about blaming your past.

It's about understanding how it shaped you—so you can choose differently moving forward.

Awareness is the first step. Because once you see the pattern... you stop being controlled by it.



Part 1: Understanding Your Energetic Patterns

We all carry both **feminine energy** (how you feel, receive, and connect) and **masculine energy** (how you act, lead, and create structure).

When these are **wounded**, they show up as patterns that keep you stuck, overwhelmed, or disconnected.

Wounded Feminine Energy (Internal World)

This may show up as:

- Overgiving or people-pleasing
- Difficulty receiving help, love, or support
- Emotional overwhelm or shutting down
- Seeking validation outside of yourself
- Fear of abandonment or rejection

Wounded Masculine Energy (External World)

This may show up as:

- Over-controlling or needing certainty
 - Burnout from always “doing” and pushing
 - Difficulty resting or slowing down
 - Avoiding emotions or vulnerability
 - Struggling to trust others or delegate
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Part 2: Self-Awareness Check-In

1. When I feel emotionally triggered, I tend to:

(Example: shut down, overreact, seek validation, distract myself, etc.)

→ _____
→ _____

2. In my relationships, I notice I often:

(Example: overgive, withdraw, control, avoid conflict, etc.)

→ _____
→ _____



3. When it comes to work, responsibilities, or life decisions, I:
(Example: push through, procrastinate, overthink, take on too much, etc.)

→ _____
→ _____

Part 3: Identifying Your Wounds

Wounded Feminine Reflection

Where do you feel:

- Not enough
- Too much
- Unseen or unworthy

What experiences may have shaped this?

→ _____
→ _____

Wounded Masculine Reflection

Where do you feel:

- Pressure to hold everything together
- Fear of losing control
- Responsibility without support

What experiences may have shaped this?

→ _____
→ _____

Part 4: Your Current Imbalance

Circle or highlight what feels most true:

- I live mostly in **doing, pushing, controlling** (masculine dominant)



- I live mostly in **feeling, reacting, avoiding action** (feminine dominant)
- I swing between both extremes

How is this impacting your life right now?

→ _____

→ _____

Part 5: Reframing & Healing

Healing is not about becoming someone new. It's about creating **safety within yourself** so both energies can work together.

Healing Your Feminine Energy (Safety to Feel & Receive)

What would it look like for me to feel safe to:

- Receive support?

→ _____

- Express my emotions honestly?

→ _____

- Slow down without guilt?

→ _____

Healing Your Masculine Energy (Safety to Lead & Hold Structure)

What would it look like for me to:

- Set clear boundaries?

→ _____

- Follow through on what matters to me?

→ _____

- Trust myself to make decisions?

→ _____



Part 6: Integration (This is where change happens)

Balanced energy looks like:

- Feeling your emotions **without being controlled by them**
 - Taking action **without burning yourself out**
 - Receiving support **while maintaining self-trust**
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Your Next Step (Commitment)

One way I will support my feminine energy this week:

→ _____

One way I will support my masculine energy this week:

→ _____

Part 7: Self-Leadership Reflection

Answer honestly:

- Where am I abandoning myself right now?
→ _____
 - Where am I ready to take responsibility?
→ _____
 - What would a grounded, self-led version of me do next?
→ _____
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Closing Anchor

What you've just done is not small work.

You've taken a step that most people avoid and you've looked at your patterns honestly.

And that changes everything.

Because the goal was never to judge yourself... it was to understand yourself.



The overgiving, the control, the emotional reactions, the shutdown, none of it means something is wrong with you.

It means you adapted.

But now, you get to choose differently.

You get to:

- Pause instead of react
- Set boundaries instead of overextend
- Receive instead of carry everything alone
- Take action without forcing or burning out

This is what self-leadership looks like.

Not perfection.

Not having it all figured out.

But becoming aware of your patterns in real time—and choosing a new response.

Integration Reminder

Change doesn't happen all at once. It happens in small, consistent moments.

The next time you feel yourself slipping into an old pattern, ask:

- What am I feeling right now?
- What am I trying to control or avoid?
- What would a grounded version of me do instead?

This is where the work becomes real.

Final Reflection

You don't need to become someone new, you need to come back to who you are—without the patterns that were never truly you.

*I trust myself to lead my life with awareness, balance, and intention.
I no longer operate from old patterns—I choose how I show up.*

