

# H.E.A.R.T.S. Thought Audit

## Am I guided by Love or Fear?

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This Thought Audit sample is essentially a mirror for consciousness inside modern Western life – not a moral test, not a personality quiz, but a way to see whether fear or love is running a nervous system.

They are designed so a person can begin to understand themselves honestly and watch patterns emerge without shame.

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### 1. Nervous System & Inner Safety Audit

(Are you operating from protection or presence?)

1. Do I feel safe in my body most of the day?
  2. Do I breathe freely or hold tension unconsciously?
  3. When I'm triggered, do I slow down before reacting?
  4. Do I trust myself to handle discomfort?
  5. Do I listen to fatigue instead of pushing through it?
  6. Do I feel allowed to rest without guilt?
  7. Do I feel worthy without productivity?
  8. Do I soothe myself kindly when distressed?
  9. Do I let emotions surface instead of suppressing them?
  10. Do I feel at home in my own nervous system?
  11. Do I choose love over urgency?
  12. Do I feel safe being quiet?
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### 2. Identity & Worthiness Audit

(Is your worth inherent or earned?)

1. Do I feel valuable without proving myself?
2. Do I compare myself to others?
3. Do I define myself by roles or by being?
4. Do I fear being ordinary?

5. Do I chase validation?
  6. Do I feel enough without success?
  7. Do I accept my flaws with compassion?
  8. Do I feel lovable without performing?
  9. Do I feel shame for needing support?
  10. Do I allow myself to change?
  11. Do I forgive myself quickly?
  12. Do I trust my own inner authority?
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### 3. Social Media & Attention Audit

(Is your attention sovereign or harvested?)

1. Do I choose what I consume consciously?
  2. Do I scroll to escape discomfort?
  3. Do I feel worse after using social media?
  4. Do I compare my life to others online?
  5. Do I feel manipulated by news cycles?
  6. Do I take breaks from digital noise?
  7. Do I notice when fear is being sold?
  8. Do I share from truth rather than performance?
  9. Do I pause before reacting to outrage?
  10. Do I protect my attention as sacred?
  11. Do I allow silence?
  12. Do I consume less than I create?
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### 4. Politics, Power & Sovereignty Audit

(Are you fighting or standing?)

1. Do I feel powerless or grounded?
2. Do I react to political fear narratives?
3. Do I believe my voice matters?
4. Do I outsource my safety to institutions?
5. Do I feel rage more than clarity?
6. Do I think in "us vs them"?
7. Do I trust local community over distant authority?
8. Do I feel sovereign in my choices?
9. Do I stay informed without being consumed?

10. Do I act from love instead of opposition?
  11. Do I believe people can self-organize?
  12. Do I stand in my sovereignty rather than fight?
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## 5. Work, Money & Survival Audit

(Are you surviving or creating?)

1. Do I work from fear of not enough?
  2. Do I feel trapped by money?
  3. Do I see abundance as possible?
  4. Do I resent working?
  5. Do I feel worthy of ease?
  6. Do I believe in mutual support?
  7. Do I see entrepreneurship as service?
  8. Do I trust life to provide?
  9. Do I hoard or circulate resources?
  10. Do I feel free to change paths?
  11. Do I connect money to love?
  12. Do I believe community can replace exploitation?
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## 6. Relationships & Community Audit

(Are you guarded or open?)

1. Do I isolate when overwhelmed?
  2. Do I trust others to be safe?
  3. Do I reach out when I struggle?
  4. Do I allow my true self to be seen?
  5. Do I feel judged easily?
  6. Do I offer support freely?
  7. Do I feel connected to humanity?
  8. Do I avoid vulnerability?
  9. Do I create community?
  10. Do I listen deeply?
  11. Do I forgive easily?
  12. Do I feel we belong together?
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## 7. Spiritual & Meaning Audit

(Is your spirituality fear-based or love-based?)

1. Do I believe God loves unconditionally?
  2. Do I fear punishment?
  3. Do I trust inner guidance?
  4. Do I believe in inherent goodness?
  5. Do I see life as meaningful?
  6. Do I feel guided rather than controlled?
  7. Do I feel supported by the universe?
  8. Do I believe suffering has meaning?
  9. Do I trust healing?
  10. Do I feel connected to all?
  11. Do I feel at peace with mystery?
  12. Do I know I am loved?
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### Interpreting the Results

These audits are not meant to judge you. They show where fear still organizes life and where love has already taken root.

Fear shows up as:

- Control
- Exhaustion
- Comparison
- Conflict
- Outsourcing power

Love shows up as:

- Presence
- Trust
- Sovereignty
- Connection
- Creativity

Share feedback at [dmartiburgos.com](http://dmartiburgos.com) Ask Dr.B

For thought audits on other topics such as dating, siblings, divorce, co-parenting, big purchases and more, make your request to Dr.B.