

FREE CHRIST-CENTERED SELF-ASSESSMENT

The Five Beloved Keys

Assessment

*Discover which key may need your gentlest attention
as you begin healing after betrayal*

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Before You Begin

Betrayal can affect your thoughts, emotions, body, faith, identity, and ability to make decisions. This assessment offers a compassionate snapshot of where support may be most helpful today. It is not a test to pass, a diagnosis, or a verdict about your relationship.

REMEMBER

Your highest score does not reveal what is wrong with you. It points toward the area that may deserve the most care and support right now.

How to Complete the Assessment

Read each statement and circle the number that best describes how true it feels right now. Answer from your present experience—not from how you believe you should feel.

- 0 — Not true for me
- 1 — Rarely true
- 2 — Sometimes true
- 3 — Often true
- 4 — Very true for me

Add the four responses in each section. Your possible subtotal for each key is 0–16. Transfer each subtotal to the Score Summary after completing all five sections.

A Gentle Safety Note

This coaching-oriented resource is educational and reflective. It is not psychotherapy, medical care, legal advice, crisis intervention, or a substitute for qualified professional services. It does not tell you whether to reconcile, separate, or divorce.

If you are in immediate danger, call 911 or your local emergency number. In the United States, call or text 988 for a mental-health or suicide crisis. For domestic-violence support, call 800-799-SAFE (7233) or text START to 88788. Consider whether keeping this assessment on a shared device or in a visible place could affect your safety.

KEY 1 • ISOLATION → SUPPORT

Safe Connection

“Share each other’s burdens, and in this way obey the law of Christ.”

Galatians 6:2 (NLT)

How true is this for me right now?	0	1	2	3	4
1. I feel as though I am carrying the betrayal mostly alone.	☐	☐	☐	☐	☐
2. I am unsure who is emotionally safe enough to hear my story.	☐	☐	☐	☐	☐
3. Shame or fear keeps me from asking for the support I need.	☐	☐	☐	☐	☐
4. I do not yet have the right professional, spiritual, or personal support around me.	☐	☐	☐	☐	☐

Safe Connection subtotal: _____ / 16

PAUSE AND NOTICE

What feelings, resistance, or relief arose as you answered this section?

KEY 2 • CONFUSION → TRUTH

Honest Awareness

“And you will know the truth, and the truth will set you free.”

John 8:32 (NLT)

How true is this for me right now?	0	1	2	3	4
1. Facts, fears, assumptions, and unanswered questions feel tangled together.	☐	☐	☐	☐	☐
2. I minimize, excuse, or second-guess what I know happened.	☐	☐	☐	☐	☐
3. I repeatedly search, replay, or investigate without feeling clearer.	☐	☐	☐	☐	☐
4. I have difficulty naming what I feel, need, or know to be true.	☐	☐	☐	☐	☐

Honest Awareness subtotal: _____ / 16

PAUSE AND NOTICE

What feelings, resistance, or relief arose as you answered this section?

KEY 3 • SUPPRESSED PAIN → HONORED LOSS

Compassionate Grieving

“God blesses those who mourn, for they will be comforted.”

Matthew 5:4 (NLT)

How true is this for me right now?	0	1	2	3	4
1. I feel pressured to move on, forgive, or make decisions before I am ready.	☐	☐	☐	☐	☐
2. My emotions feel too intense—or I feel disconnected and numb.	☐	☐	☐	☐	☐
3. I have not had space to name everything this betrayal has cost me.	☐	☐	☐	☐	☐
4. I judge myself for still feeling sad, angry, confused, or afraid.	☐	☐	☐	☐	☐

Compassionate Grieving subtotal: _____ / 16

PAUSE AND NOTICE

What feelings, resistance, or relief arose as you answered this section?

KEY 4 • REJECTION → GOD-GIVEN WORTH

Beloved Identity

"I have called you by name; you are mine."

Isaiah 43:1 (NLT)

How true is this for me right now?	0	1	2	3	4
1. Another person's choices have changed how I see my worth.	☐	☐	☐	☐	☐
2. I feel rejected, ashamed, undesirable, foolish, or not enough.	☐	☐	☐	☐	☐
3. I compare myself, blame myself, or search for what is wrong with me.	☐	☐	☐	☐	☐
4. It is difficult to receive God's love as something I already have—not something I must earn.	☐	☐	☐	☐	☐

Beloved Identity subtotal: _____ / 16

PAUSE AND NOTICE

What feelings, resistance, or relief arose as you answered this section?

KEY 5 • PRESSURE → PEACEFUL PROTECTION

Wise Boundaries

“Guard your heart above all else, for it determines the course of your life.”

Proverbs 4:23 (NLT)

How true is this for me right now?	0	1	2	3	4
1. I am unsure what boundaries would protect my emotional, physical, financial, or spiritual wellbeing.	☐	☐	☐	☐	☐
2. I say yes, explain repeatedly, or stay in painful conversations when I want to pause or say no.	☐	☐	☐	☐	☐
3. I confuse forgiveness with immediate trust, access, or reconciliation.	☐	☐	☐	☐	☐
4. I feel responsible for controlling another person's feelings, choices, or reaction to my limits.	☐	☐	☐	☐	☐

Wise Boundaries subtotal: _____ / 16

PAUSE AND NOTICE

What feelings, resistance, or relief arose as you answered this section?

Your Score Summary

Transfer each subtotal below. Circle your highest score. If two keys are tied, choose the one that feels most urgent—or begin with Safe Connection, because support often makes every other key easier to practice.

Beloved Key	My score	What the range suggests
Safe Connection	___ / 16	See ranges below
Honest Awareness	___ / 16	See ranges below
Compassionate Grieving	___ / 16	See ranges below
Beloved Identity	___ / 16	See ranges below
Wise Boundaries	___ / 16	See ranges below

Understanding Each Score

0–4 A Steadier Area: This key may currently offer strength you can draw upon.

5–8 Needs Gentle Attention: A few intentional practices may increase steadiness.

9–12 A Growth Priority: Focused support and practical tools may be especially helpful.

13–16 Begin Here: This key may be carrying significant strain. Start slowly and seek appropriate support.

YOUR STARTING KEY

The Beloved Key I will begin with is: _____

Assessment results can change as circumstances, safety, information, and support change. Repeat the assessment in 30 days if it would help you notice growth or identify a new priority.

YOUR RESULT • KEY 1

Safe Connection

“Share each other’s burdens, and in this way obey the law of Christ.”

Galatians 6:2 (NLT)

IF THIS IS YOUR HIGHEST KEY

Your nervous system and heart may need trustworthy companionship before deeper decisions feel manageable.

What This Key Invites

- Identify safe versus unsafe support.
- Ask clearly for listening, prayer, practical help, or professional guidance.
- Build a small support circle without sharing with everyone.

Your First Gentle Step

Choose one safe person and make one small, specific request for support.

This week, I will:

PRAYER

Jesus, guide me toward people who can listen with compassion, wisdom, and respect for my pace.

YOUR RESULT • KEY 2

Honest Awareness

“And you will know the truth, and the truth will set you free.”

John 8:32 (NLT)

IF THIS IS YOUR HIGHEST KEY

You may need a steadier way to separate facts from fears and identify what truly requires attention.

What This Key Invites

- Separate confirmed facts from fears and interpretations.
- Name emotions, needs, triggers, and unanswered questions.
- Seek information in ways that create clarity rather than deeper distress.

Your First Gentle Step

Make three short lists: What I Know, What I Fear, and What I Need.

This week, I will:

PRAYER

God of truth, help me face what is real without being overwhelmed or harsh with myself.

YOUR RESULT • KEY 3

Compassionate Grieving

“God blesses those who mourn, for they will be comforted.”

Matthew 5:4 (NLT)

IF THIS IS YOUR HIGHEST KEY

Your grief may need permission, language, and compassionate support rather than a deadline.

What This Key Invites

- Name the losses beneath the immediate event.
- Allow grief without judging its pace or expression.
- Receive comfort without being rushed toward forgiveness or a final decision.

Your First Gentle Step

Name one loss, one feeling connected to it, and one kind response you need today.

This week, I will:

PRAYER

Comforter, meet the grief I can name and the pain I cannot yet explain.

YOUR RESULT • KEY 4

Beloved Identity

"I have called you by name; you are mine."

Isaiah 43:1 (NLT)

IF THIS IS YOUR HIGHEST KEY

The betrayal may be speaking louder than the truth of who you are and Whose you are.

What This Key Invites

- Separate another person's choices from your worth.
- Notice shame, comparison, and false responsibility.
- Practice living from the love and identity God has already given you.

Your First Gentle Step

Write one accusation you have believed, then answer it with a compassionate truth about your God-given identity.

This week, I will:

PRAYER

Father, help me separate my identity from what was done to me and receive Your love without striving.

YOUR RESULT • KEY 5

Wise Boundaries

“Guard your heart above all else, for it determines the course of your life.”

Proverbs 4:23 (NLT)

IF THIS IS YOUR HIGHEST KEY

You may need clear, realistic limits that define your participation and protect what God is restoring.

What This Key Invites

- Distinguish boundaries from punishment or control.
- Choose a clear yes, no, not now, or not under these conditions.
- Seek qualified guidance for safety, legal, financial, medical, or child-related concerns.

Your First Gentle Step

Complete: “When _____ happens, I will _____ because I need _____.” Focus on an action within your control.

This week, I will:

PRAYER

Lord, give me courage without cruelty and wisdom without fear as I protect what is tender.

Your Becoming Beloved Next Step

You do not need to master all five keys at once. Healing begins with one supported, honest, compassionate step. Use your result to choose what deserves attention now—not to pressure yourself into a perfect recovery plan.

MY COMMITMENT

For the next seven days, I will honor my beloved identity by _____,
with support from _____.

Continue the Journey

[Add your invitation to the 10-Day Becoming Beloved After Betrayal Journal, Five Keys small group, individual coaching, or free 45-minute discovery call here.]

Website: www.graceintel.com

Instagram: [@graceintelcoaching](https://www.instagram.com/graceintelcoaching)

Booking link: [ADD YOUR 45-MINUTE DISCOVERY-CALL LINK]

About Delanna Hess

Delanna Hess is a Certified Professional Christian Life Coach and the founder of Grace Intel Coaching. She helps Christian women facing infidelity betrayal, separation, divorce, or uncertain next steps move from emotional chaos toward truth, restored identity, healthy boundaries, and hope through Christ-centered coaching and safe community.

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