

Conscious Women's Survey Results

January 2026

This internal survey of women on Misa Hopkins' mailing list does not meet requirements for a statistically representative sampling of all conscious women. But it does give us a view about why you might be feeling overwhelmed or stressed in the current social-political environment.

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Before we look at the data and some of the comments you provided in this Conscious Women's Survey 2026, I want to thank those of you who took the time to share and reflect your experiences. 115 of you responded, and I'm deeply grateful to every one of you.

As you read this information, please take care of yourself by doing one thing:

If you are concerned that your response indicates you aren't conscious enough, instead of saying to yourself, "I should feel _____, but I don't." Say to yourself, "Clearly I'm not alone."

If you feel your response indicates a level of consciousness that pleases you, please kindly hold love and compassion for everyone, as we navigate these chaotic times.

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Because several of these questions allow more than one response, you'll notice in those cases the percentages don't add up to 100%. Rather, they give a broad picture of some of our collective concerns.

1) When you pay attention to current events, how do you most often feel in your body and nervous system? (Select all that apply.)

- 48% Angry or frustrated
- 44% Grief or heartbreak
- 38% Anxious or overwhelmed
- 35% Aware but stable
- 20% Retraumatized by what you are seeing

19% Numb or disconnected
6% Calm and grounded

2) Which of the following topics feel most charged for you right now? (Select all that apply)

74% Lack of accountability in leadership
65% Narcissistic abuse in leadership
65% Going backwards in respect for women
59% Political rhetoric that feels aggressive or bullying”
55% Going backwards with respect for minorities
53% Treatment of immigrants
53% Healthcare – rising costs and access
50% Losing social safety nets / protections
48% Shaming and blaming in politics
43% Compassion being mistaken for weakness

3) Which statement feels closest to your inner experience right now? (Select up to 3)

58% I feel torn between speaking up and staying safe
42% I want to stay compassionate, but it's getting harder
41% I feel deeply affected, but don't know where to put it
26% I feel grounded and want to help others navigate this
25% I feel confused about what's true or wise anymore
21% I'm angry—and don't feel that anger has a home

4) How do political and social tensions affect your personal relationships? (Select all that apply)

45% I silence myself to keep the peace
37% I feel tension, but we avoid talking about it
32% Not much – I can hold differences with ease
19% I feel distance or heartbreak with people I love
18% This is one of my biggest struggles right now
15% I've lost relationships over these differences

5) Do you ever question whether your kindness and compassion makes you vulnerable in today's world. (Select one)

32% No, I see compassion as a strength

- 30% Sometimes
- 28% Yes—often
- 5% Rarely
- 4% Not sure

6) When you encounter aggression, cruelty or abuse (personally or in leadership), what is hardest for you? (Select all that apply)

- 56% Feeling powerless to change things
- 52% Regulating your nervous system
- 42% Protecting my sensitive heart as an HSP
- 40% Anxiety and overwhelm
- 39% Knowing when to set boundaries vs. staying open
- 35% Not becoming cynical or hardened
- 33% Not internalizing blame or shame
- 25% Staying compassionate without enabling harm

7) Which teachings or conversations would most support you right now? (Select up to 3)

- 54% Feminine wisdom as a path forward in chaotic times
- 51% Navigating the “Age of the Bully” with grace
- 44% Bridging masculine and feminine energies into partnership
- 40% The spiritual roots of narcissism and codependence
- 30% Healing trauma activated by political or social upheaval
- 27% Why compassion is essential to humanity’s survival
- 24% How fear creates enemies where none existed
- 23% How beliefs shape wise vs. harmful choices

8) How would you describe your relationship with the news and social media? (Select one)

- 52% I limit my exposure intentionally
- 22% I avoid it as much as possible
- 11% I stay informed but feel overwhelmed
- 10% I stay informed and feel regulated
- 5% I oscillate between obsessions and shutdown