

# BREAKING SURVIVAL MODE

A guided workbook for  
women who are  
strong... but exhausted



HI THERE,  
NICE TO  
MEET YOU!



## ♥ WELCOME

If you're here, it's not by accident.  
You've been strong for a long time.  
You show up.  
You push through.  
You carry what needs to be carried.  
But lately... something feels off.

You're tired.  
Not just physically—emotionally.  
This workbook is not here to overwhelm you.

### **It's here to gently help you:**

- Understand what's really going on beneath the surface
- Identify the patterns keeping you in survival mode
- Begin reconnecting with yourself
- Take your first steps toward healing

You don't have to rush this.  
You don't have to get it perfect.

Just be honest.



## SECTION ONE



# UNDERSTANDING SURVIVAL MODE

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## Scripture

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18

### Reflection

Survival mode isn't always obvious. It doesn't always look like falling apart.

Sometimes it looks like:

- Being “fine” all the time
- Always being the one others rely on
- Never slowing down
- Avoiding your own emotions

It's when you're functioning...  
but not fully living.

### SELF-ASSESSMENT

#### Tick what resonates:

- I feel emotionally numb or disconnected
- I am constantly tired but keep going
- I struggle to identify what I feel
- I feel responsible for everything
- I don't know how to rest without guilt
- I avoid slowing down



## SECTION 2



# IDENTIFYING YOUR PATTERNS

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## Scripture

“Search me, God, and know my heart...” — Psalm 139:23

### Reflection

Survival mode is not random.

It's learned.

It's shaped by:

- childhood experiences
- emotional wounds
- environments where you had to “be strong”

And over time... it becomes your identity.

### PATTERN RECOGNITION

Complete the following:

- I tend to over-function when: \_\_\_\_\_
- I struggle to say no when: \_\_\_\_\_
- I feel most overwhelmed when: \_\_\_\_\_
- I avoid my emotions by: \_\_\_\_\_



## SECTION 3

# EMOTIONAL AWARENESS

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## Scripture

“Pour out your heart before Him...” — Psalm 62:8

### Reflection

You cannot heal what you don't allow yourself to feel.

Many strong women are:

- emotionally aware of others
- but disconnected from themselves

### FEELING CHECK-IN

Right now, I feel:

- Emotion 1: \_\_\_\_\_
- Emotion 2: \_\_\_\_\_
- Emotion 3: \_\_\_\_\_

What might be underneath these feelings?



## SECTION 4

# THE COST OF BEING “THE STRONG ONE”

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### Scripture

“Come to Me, all who are weary...” — Matthew 11:28

### Reflection

Being strong has a cost.

It can look like:

- burnout
- emotional numbness
- resentment
- loneliness

You’ve been carrying a lot.

And it’s okay to admit that it’s heavy.

### HONEST INVENTORY

Where has being “the strong one” cost you?

- Emotionally: \_\_\_\_\_
- Mentally: \_\_\_\_\_
- Spiritually: \_\_\_\_\_
- In relationships: \_\_\_\_\_



## SECTION 5

# PERMISSION TO STOP PERFORMING

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### Scripture

“My grace is sufficient for you...” — 2 Corinthians 12:9

### Reflection

You don't have to:

- have it all together
- be everything for everyone
- keep performing strength

You are allowed to:

- feel
- rest
- need help

### REFRAME

Old belief → New truth

- “I have to hold everything together”
- → \_\_\_\_\_
- “I can't slow down”
- → \_\_\_\_\_
- “I have to be strong”
- → \_\_\_\_\_





## SECTION 6

# YOUR RESET PRACTICES

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### Scripture

“He restores my soul...” — Psalm 23:3

### Reflection

Healing is not built in one breakthrough moment.

### It's built in:

- small decisions
- repeated choices
- daily awareness

You don't need a new life overnight. You need new rhythms.

**DAILY PRACTICE 1 — MORNING CHECK-IN (5 MIN)**

**Before you reach for your phone... pause.**

**ASK YOURSELF:**

**HOW DO I FEEL THIS MORNING?**

**WHAT DO I NEED TODAY?**

**WHAT IS ONE THING I WILL NOT CARRY TODAY?**

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**WRITE 1 SENTENCE:**

**TODAY I FEEL:**

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**TODAY I FEEL:**

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## DAILY PRACTICE 3 — HONEST JOURNAL (5–10 MIN)

AT THE END OF THE  
DAY:

WRITE WITHOUT FILTERING.

PROMPTS:

TODAY I FELT..."

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WHAT DRAINED ME TODAY?

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DAILY PRACTICE 3 — HONEST JOURNAL (5–10 MIN)

AT THE END OF THE  
DAY:

WRITE WITHOUT FILTERING.

PROMPTS:

WHAT GAVE ME ENERGY TODAY?

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NO PERFECTION. JUST HONESTY.

## DAILY PRACTICE 4 — MICRO-BOUNDARY

EVERY DAY, CHOOSE ONE:

- SAY NO TO SOMETHING SMALL
- DELAY A RESPONSE INSTEAD OF REACTING
- DON'T OVER-EXPLAIN YOURSELF
- LEAVE SOMETHING UNFINISHED WITHOUT GUILT

THOUGHTS?

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## DAILY PRACTICE 5 — GENTLE RESET (EVENING)

BEFORE BED, RELEASE THE DAY:

SAY THIS OUT LOUD:

"I DID WHAT I COULD TODAY. I RELEASE WHAT I COULD NOT CONTROL."

TAKE 3 DEEP BREATHS.

LET YOUR BODY SOFTEN.

WEEKLY RESET REFLECTION

AT THE END OF 5 DAYS, ANSWER:

- WHAT DID I NOTICE ABOUT MYSELF THIS WEEK?
- WHEN DID I FEEL MOST OVERWHELMED?
- WHEN DID I FEEL MOST LIKE MYSELF?
- WHAT DO I NEED MORE OF?

## SECTION 7

# YOUR FIRST BOUNDARY PLAN

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### Scripture

“Above all else, guard your heart...” — Proverbs 4:23

### Reflection

Boundaries are not about pushing people away.

### They are about:

- protecting your energy
- honouring your capacity
- choosing yourself without guilt

If you are always overwhelmed...  
it's not just because of what you carry. It's also because of what you allow.







## STEP 4 — YOUR 3-LEVEL BOUNDARY PLAN

### LEVEL 1: AWARENESS

NOTICE WHEN YOU FEEL:

- RESENTMENT
- OVERWHELM
- PRESSURE

THESE ARE SIGNALS—NOT PROBLEMS.

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### LEVEL 2: PAUSE

BEFORE SAYING YES, ASK:

- DO I HAVE THE CAPACITY?
- DO I ACTUALLY WANT TO DO THIS?
- AM I SAYING YES OUT OF GUILT?

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### LEVEL 3: RESPONSE

CHOOSE INTENTIONALLY:

- YES (ALIGNED)
- NO (CLEAR)
- NOT NOW (DELAYED)

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## YOUR PERSONAL BOUNDARY PLAN

ONE AREA I WILL START WITH:

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MY NEW RESPONSE WILL BE:

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WHAT I AM NO LONGER AVAILABLE FOR:

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### DAILY BOUNDARY HABIT

**EVERY DAY, CHECK IN:**

DID I SAY YES WHEN I MEANT NO?

DID I OVEREXTEND MYSELF?

WHERE DID I HONOUR MYSELF TODAY?

**REFRAME (VERY IMPORTANT)**

**OLD BELIEF → NEW TRUTH**

“SAYING NO MAKES ME SELFISH”

→ SAYING NO PROTECTS MY PEACE

“I NEED TO KEEP EVERYONE HAPPY”

→ I AM NOT RESPONSIBLE FOR EVERYONE’S EMOTIONS

“IF I DON’T DO IT, NO ONE WILL”

→ I AM ALLOWED TO REST



# THIS IS WHERE YOUR BECOMING BEGINS

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## Scripture

“See, I am doing a new thing! Now it springs up; do you not perceive it?” — Isaiah 43:19

## Reflection

Take a moment.

Pause.

Breathe.

Because something has shifted.

Not everything... but something.

You've:

- become aware
- faced patterns
- allowed yourself to feel
- started choosing differently

And that matters more than you realise.



**LOOK BACK**  
WRITE YOUR ANSWERS:

**BEFORE THIS WORKBOOK, I FELT:**

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**NOW, I FEEL:**

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**ONE THING I UNDERSTAND ABOUT MYSELF NOW:**

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**ONE THING I AM NO LONGER WILLING TO CARRY:**

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## TRUTH YOU NEED TO HEAR

YOU WERE NEVER "TOO MUCH."  
YOU WERE CARRYING TOO MUCH.  
YOU WERE NEVER "WEAK."  
YOU WERE SURVIVING.  
AND NOW...

**YOU ARE BECOMING.**

## FINAL PRAYER

Lord,  
Thank You for meeting me in this process.  
Thank You for the awareness, the honesty, and the courage to face  
what I've been carrying.

Help me continue this journey—not perfectly, but faithfully.  
Teach me to rest.  
Teach me to trust.  
Teach me to become.

Amen.

# STAY CONNECTED

If this workbook spoke to you...  
it means something deeper is ready to be healed.  
This was awareness.

**The next step is healing at the root.**

**Introducing:**

## Healing the Abandonment Wound

Inside this workbook, we go deeper into:

- why you overgive, overstay, and over-function
- where these patterns began
- how to finally break the cycle

Because many of the patterns you've  
identified here...

didn't start in adulthood.

They started earlier.

And in the next workbook, we go deeper  
into:

- where these patterns were formed
- why you overgive, overstay, and over-function
- how to heal at the root

**REMEMBER**



*Your story isn't over;  
This is just the  
beginning of your  
becoming.*

**FOLLOW ME ON TIK TOK FOR DAILY REFLECTIONS & FAITH-BASED HEALING**

**JOIN MY COMMUNITY ON [WWW.WINGSFROMASHES.COM](http://WWW.WINGSFROMASHES.COM)**

**EMAIL - [LINDS@WINGSFROMASHES.COM](mailto:LINDS@WINGSFROMASHES.COM)**

**WITH GRACE  
LINDSAY BOOYSEN**

