REALIGN WITH RUTH

The Survival Mode Reset

Reflection Workbook

Notice what is happening. Sort what it needs. Choose what matters first.

For the woman who is still functioning, but knows something has shifted.

This is not another list of things to fix. Use these pages to notice what keeps returning, decide what kind of attention it needs, and choose one useful place to begin.

NAME

DATE

You do not need every answer.
You need a clearer question.

BEGIN HERE

Before you start

A clearer way to use what came up in the workshop.

WHAT I MEAN BY SURVIVAL MODE

When I say "survival mode," I am not giving you a medical diagnosis. I am describing the experience of spending so much time responding, managing, coping and getting through what needs to be done that there is very little space left to ask what you need or what you want.

How to use this workbook

- ☐ Mark what feels recognisable. Leave the rest.
- ☐ Write down what repeats, rather than trying to explain everything.
- ☐ Use the pages in order, or return to the one that feels most useful.
- ☐ If something needs professional attention, let that be part of the answer.

SCOPE NOTE

This workbook is educational and coaching-based. It does not diagnose or treat medical or mental-health conditions. If symptoms are new, severe, persistent or concerning, seek appropriate professional advice.

RECOGNITION

What survival mode can look like

It does not always look like falling apart. Sometimes it looks like being very good at functioning.

- ☐ Constant mental overload
- ☐ Difficulty switching off
- ☐ Irritability or less patience than usual
- ☐ Decision fatigue
- ☐ Saying yes automatically
- ☐ Feeling responsible for everything
- ☐ Exhaustion while still getting things done
- ☐ Rushing even when there is time
- ☐ Sleep disruption
- ☐ Feeling unsure what I actually want

The three I recognise most clearly:

What have I been calling 'normal' that may deserve a closer look?

STEP 1

NOTICE

What is actually happening? Notice before you interpret.

BODY + ENERGY

What am I noticing physically? What has changed in my energy, sleep or physical comfort?

EMOTIONS

What feelings keep showing up? Irritation, sadness, worry, flatness, resentment, relief?

THOUGHTS

What keeps taking up space in my mind? What loops, decisions or uncertainties repeat?

BEHAVIOUR + CHOICES

Where am I rushing, avoiding, overcommitting, withdrawing or saying yes automatically?

REMEMBER

Your body, emotions, energy and behaviour can be information. They are not a diagnosis.

What keeps returning even when I try to move on?

STEP 2

SORT

Not every problem needs the same response. Ask what kind of attention this actually needs.

ACTION	There is a specific step I can take.
INFORMATION	I need facts, clarity or more context.
CONVERSATION	Something needs to be asked, said or negotiated.
PROFESSIONAL ADVICE	This deserves qualified medical, mental-health, financial, legal or other specialist input.
TIME	It matters, but it may not need solving today.

The issue taking up the most space:

What kind of attention does it need?

- [ ] Action
- [ ] Information
- [ ] Conversation
- [ ] Professional advice
- [ ] Time

THE WHOLE PICTURE

Menopause may be part of it

It should never be used to explain everything away.

STAY CURIOUS

Midlife can involve several things at once. Hormonal change may be part of the picture, while sleep, health, work, caregiving, relationships, grief, medication, finances and major life changes can also matter.

What else is happening in my life right now?

- ☐ Health or physical symptoms
- ☐ Sleep
- ☐ Work or career
- ☐ Caregiving or family responsibility
- ☐ Relationships
- ☐ Money or practical pressure
- ☐ Loss, change or uncertainty
- ☐ Identity or direction

What deserves investigation rather than assumption?

What, if anything, deserves professional advice?

STEP 3

CHOOSE

Everything cannot be first. Choose what deserves attention now.

MATTERS

If I gave this attention, would it meaningfully reduce pressure or uncertainty?

TIME

Is anything genuinely time-sensitive?

INFLUENCE

Is there something here I can act on, ask about or clarify?

COST OF IGNORING

What happens if I keep postponing this for another month?

One thing I choose to give attention this week:

MY FIRST USEFUL STEP

WHAT CAN WAIT

A SHORT PAUSE

Two minutes to notice

The goal is not to force calm. The goal is to notice what is here before deciding what to do next.

1. Feel your feet on the floor and notice the support beneath you.
2. Look around and notice three things you can see.
3. Notice one sound.
4. If it feels comfortable, let your breathing slow slightly.
5. Ask: What do I notice now?

What did I notice?

NO REQUIRED OUTCOME

If the pause changes nothing, that is still information. You are not trying to produce a particular feeling.

YOUR FRAMEWORK

The REAL Method

The workshop gives you a starting point. The REAL Method helps organise what comes next.

REFLECT Notice what has changed, what keeps repeating and what deserves your attention.

EMBODY Notice your body, emotions, energy and behaviour as information, not diagnosis.

ALIGN Clarify your values, priorities, boundaries and choices.

LIVE Turn what you understand into decisions and practical action.

Which part needs more of my attention right now?

- ☐ Reflect
- ☐ Embody
- ☐ Align
- ☐ Live

KEEP IT PRACTICAL

Your 7-day reset

Treat this as an experiment, not a performance tracker.

MY FOCUS FOR THE NEXT 7 DAYS

ONE ACTION, CONVERSATION OR QUESTION I WILL TAKE FORWARD

ONE THING I AM ALLOWED TO LET WAIT

DAY	WHAT I NOTICED	ONE USEFUL CHOICE
1		
2		
3		
4		
5		
6		
7		

CHECK IN

At the end of seven days, ask: What became clearer? What still deserves attention?

TAKE IT FORWARD

What deserves more of your attention?

You do not need to leave with every answer. Leave with the question worth carrying forward.

Something I understand differently now:

Something I do not want to keep dismissing:

The question I am taking forward:

If you want somewhere to work this through

The REAL Reset Circle is a four-week live small-group space for women who want support turning what they have noticed into clearer decisions and practical next steps.

WEEK 1 **What has changed?**

WEEK 2 **What is actually mine to deal with?**

WEEK 3 **What matters now?**

WEEK 4 **What am I going to do next?**

Look for the Circle details in your workshop follow-up email.

You may not need another course.
You may need somewhere to work this through.