

The Proving Pattern Map

You are not choosing a label. You are noticing a pattern.
Find the one that shows up most automatically — not your best day, not your worst moment.

FAWN — the automatic yes

WHAT YOU'RE AVOIDING FEELING

Someone being disappointed in you.

WHERE IT SHOWS UP IN YOUR BODY

Anxiety in the chest, an urgency to fix it, tight jaw.

WHAT TO DO IN THE MOMENT

Exhale all the way out. Feel your feet on the floor. Then buy yourself the pause.

WHERE I SAW THIS THIS WEEK

FLIGHT — never sitting down

WHAT YOU'RE AVOIDING FEELING

Whatever catches up with you when you stop.

WHERE IT SHOWS UP IN YOUR BODY

Restless energy, racing thoughts, shallow breath.

WHAT TO DO IN THE MOMENT

Slow one thing down on purpose. Pause before you send it.

WHERE I SAW THIS THIS WEEK

FIGHT — still having the conversation

WHAT YOU'RE AVOIDING FEELING

Being dismissed, or not taken seriously.

WHERE IT SHOWS UP IN YOUR BODY

Heat, tension, a sharper tone, tight shoulders.

WHAT TO DO IN THE MOMENT

Unclench your jaw. One long exhale. Step back half a step before you answer.

WHERE I SAW THIS THIS WEEK

FREEZE — I'm fine

WHAT YOU'RE AVOIDING FEELING

Feeling too much, too fast.

WHERE IT SHOWS UP IN YOUR BODY

Heaviness, numbness, fog, no energy.

WHAT TO DO IN THE MOMENT

Press your feet into the floor. Wiggle your toes. Three slow breaths you can actually feel.

WHERE I SAW THIS THIS WEEK

THE FOUR WORDS

“Let me come back to you.”

You don't have to say no. You just have to buy yourself the pause.
The pause is where the choice lives.

Not sure which one is yours?

Take the Survival Strategy Decoder → theworthytherapist.com/decoder