

FREE MINDSET RESOURCE

THE UNBROKEN

*5 Mindset Habits That Kept Me Trapped in Misery
— And How I Finally Escaped Them
to Wake Up Excited to Be Alive*

*"You can love your life every single day.
We are not supposed to be slaves to our own minds."*

THE UNBROKEN

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BEFORE WE BEGIN

A Note Before You Start

I want to tell you something before you read a single word of this guide.

Three divorces in my house before I turned 18. Emotional neglect. Rage I couldn't name. No stability, no roadmap, no one sitting me down and telling me I was going to be okay. I grew up in chaos and called it normal — because it was all I knew.

For years I numbed everything just to get through the day. Consuming, escaping, surviving. Not living. I kept moving because stopping felt dangerous. I was functional on the outside and completely hollow on the inside. I didn't even realise how bad it was — that's what prolonged chaos does to you. It makes misery feel like just "how life is."

I am not a therapist. I am not a professional. I don't have credentials on a wall or letters after my name. What I have is this: I got out. Slowly, imperfectly, without a roadmap — I started identifying what wasn't serving me and shedding it. Not forcing change. Not following a 12-step system. Just doing what felt real in the present moment, one pattern at a time.

I made this guide because I keep seeing everyone around me still stuck inside the same loops I escaped. And I know exactly what it feels like to believe there is no way out. There is. I am living it.

"You stayed good when life gave you every reason not to. That tells you everything about who you actually are."

This guide covers five mindset habits. Each one includes:

- ◆ What it sounds like inside your head — so you actually recognise it
- ◆ Where it comes from — because understanding the origin is 70% of breaking it
- ◆ How I broke mine — in plain language, no jargon
- ◆ Action steps you can start with today

Read it slowly. Some of it might sting. That's okay. That's usually the thing that needs the most attention.

Let's start.

HABIT 01

I Am the Problem

WHAT IT SOUNDS LIKE

"If this went wrong, I probably caused it. If someone is upset, it's probably something I did. If things fall apart around me, it's because I'm the type of person things fall apart around. I don't say this. I just feel it, all the time, underneath everything."

WHERE IT COMES FROM

This one starts early. When the environment around you is chaotic — when adults are fighting, leaving, breaking promises, or simply not showing up — a child's mind does something very logical and very damaging: it decides the chaos must be its fault.

Why? Because the alternative is worse. If the chaos is your fault, you have control. You can change. You can be better. You can fix it. If the chaos has nothing to do with you — if the adults in your life are just broken, or absent, or incapable — then you are completely powerless. And powerlessness is terrifying to a child.

So the brain chooses self-blame. It is a survival mechanism disguised as responsibility. It keeps you trying. It keeps you engaged. It keeps you believing you can make things better.

The problem is you carry it into adulthood. Long after the chaos is gone, the habit of self-blame stays. You become the person who apologises first in every argument, who assumes the worst about themselves in any ambiguous situation, who quietly believes — even when evidence says otherwise — that if something went wrong, they were probably the reason.

HOW I BROKE IT

I started asking one question whenever I felt that familiar flood of "this is my fault": Is this actually true, or am I just the closest target?

Not to get out of accountability — I still own my actual mistakes. But there is a difference between accountability and automatic self-blame. Accountability looks at evidence. Self-blame skips the evidence entirely.

I also started separating the event from my identity. I did something wrong is very different from I am wrong. One is a behaviour. One is a verdict. The self-blame loop runs on verdicts. Start with behaviours.

The other thing that helped: naming the origin. When I understood that this habit was a child's survival strategy — not a character flaw, not the truth about me — I stopped being angry at myself for having it. You can't shame your way out of a coping mechanism. You have to understand it first.

ACTION STEPS

Step 1

Next time you feel "this is my fault" — pause before you accept it. Write down what actually happened. List the other factors. Force yourself to see the full picture before you assign yourself the role of cause.

Step 2

Practise the separation: "I made a mistake" versus "I am a mistake." Say both out loud. Notice which one feels true. The one that feels true is the one the habit has been running on. Correct it deliberately.

Step 3

Find one childhood memory where you blamed yourself for something that was not yours to carry. Look at it as an adult. Write down what was actually happening. Let the child off the hook. It matters more than it sounds.

Step 4

When someone is angry around you, practise not immediately assuming you caused it. Let the discomfort of uncertainty sit. Their anger is theirs until there is real evidence it involves you.

THE SHIFT

→ You start separating events from identity. A mistake becomes something you did — not who you are.

"You were not the problem. You were a child trying to hold something together that was never yours to hold."



HABIT 02

My Anger Makes Me Dangerous

WHAT IT SOUNDS LIKE

"I feel the anger rising and I immediately hate myself for it. I shut it down. I disappear. I would rather feel nothing than let it out, because when it comes out, bad things happen. I've seen what unchecked rage does. I refuse to be that. So I swallow it. Over and over. Until I can't anymore."

WHERE IT COMES FROM

If you grew up around rage — explosive anger, unpredictable outbursts, violence, screaming matches that would start and end with no warning — you learned two things at the same time: anger is dangerous, and anger is powerful.

That combination creates a very specific wound. You become terrified of your own anger, because you associate it with destruction. So you suppress it. Hard. You pride yourself on being calm, on not reacting, on being the opposite of the chaos you grew up in.

But suppression is not resolution. The anger doesn't go away — it goes underground. It comes out sideways: as exhaustion, as passive withdrawal, as sudden explosions that feel disproportionate to the moment, as a slow, constant low-grade resentment you can't explain.

The real truth about anger — the one nobody in a chaotic household ever told you — is that anger is information. It is a signal that a boundary has been crossed, that something feels unjust, that a need is going unmet. It is not a character flaw. It is a wound that never got heard.

HOW I BROKE IT

The first thing I had to do was stop equating my anger with the anger I grew up around. Their rage was unprocessed, misdirected, and often targeted at people who had nothing to do with it. That doesn't mean all anger is that.

I started treating my anger as a messenger rather than an enemy. When I felt it rising, instead of immediately shutting it down, I asked: What is this actually about? What boundary is being crossed? What need is going unmet?

This sounds simple. It is not. Years of suppression means you don't always know. Sometimes the anger is about something that happened last week. Sometimes it's about something that happened when you were nine. The practice is learning to stay with it long enough to find out.

I also had to grieve the anger I wasn't allowed to have as a kid. There was real rage in me about things that happened — things I had no control over, things that should never have been in my environment. Letting myself feel that, without acting on it, without turning it inward, was one of the most important things I did.

ACTION STEPS

Step 1

The next time you feel angry, do not immediately suppress it or act on it. Instead, go somewhere alone and say out loud: "I am angry right now." That simple acknowledgment breaks the suppression loop.

Step 2

Ask three questions: What just happened? What does this remind me of? What do I actually need right now? Write the answers down. The answers will surprise you — often the anger is about something much older than the immediate trigger.

Step 3

Find a physical outlet that has nothing to do with anyone else. Running, heavy exercise, punching a pillow, screaming in your car. The body stores suppressed anger. You have to move it through, not just think about it.

Step 4

Identify one person in your life you have never expressed anger toward, but have plenty of it toward. Write them a letter you will never send. Be completely honest. This is not about them — it is about you finally giving that feeling a voice.

THE SHIFT

→ Anger stops being something shameful to suppress and starts being information about what you need.

"Your anger was never the problem. The problem was that no one ever taught you it had something important to say."



HABIT 03

Wanting Things Will Only Get Me Hurt

WHAT IT SOUNDS LIKE

"I don't let myself want things too much. Every time I have, it's been taken away. Every time I've hoped for something, it's fallen through. It's safer not to want. At least then I can't be disappointed. At least then I can't be blindsided. Wanting feels like standing in traffic."

WHERE IT COMES FROM

When enough things you wanted didn't come through — when enough promises were broken, enough plans fell apart, enough people left — the mind starts to see wanting itself as the problem.

It's a rational conclusion from irrational data. The logic goes: wanting led to pain. Pain is bad. Therefore, wanting is bad. The solution is to stop wanting.

This is the scarcity loop. And it is one of the most quietly devastating habits on this list, because it doesn't look like damage from the outside. It looks like being easy-going. Laid-back. Not needy. Not demanding. Low-maintenance.

But on the inside, you've slowly turned off the mechanism that drives you toward things that would actually make your life better. You've stopped applying for the thing, asking for the thing, pursuing the thing — because wanting it means risking losing it, and you already know what losing feels like.

Over time, hope becomes something that feels dangerous rather than natural. You become someone who is surprised when good things happen, who waits for things to go wrong, who sabotages situations that are going well because somewhere underneath everything, you've decided you are not the kind of person good things stay for.

HOW I BROKE IT

I had to start noticing when I was pre-emptively withdrawing from things I wanted. The moment I caught myself saying "it probably won't work out anyway" before I had even tried — that was the habit speaking, not the reality.

I started practising tiny, low-stakes wanting. What do I actually want for dinner? What do I actually want to do this weekend? Not "what's easiest," not "what doesn't matter" —

what do I actually want? It sounds absurd. It wasn't. For a long time I couldn't answer those questions honestly because I had stopped asking them.

I also had to separate wanting from outcome. Wanting something does not guarantee you will get it. But it also does not guarantee you won't. The pain that taught you not to want came from specific losses — it was not a universal law. It just felt like one.

And finally, I let myself grieve the things I wanted that didn't come through. Not to dwell in them — but because unprocessed grief is part of what keeps the loop going. When you've actually mourned a loss, it loses its power to define your future behaviour.

ACTION STEPS

Step 1

Write down five things you genuinely want — in your life, your relationships, your work. Not things you think you should want. Things you actually want. Notice how it feels to write them down. If it feels vulnerable or scary, that's the loop showing you where it lives.

Step 2

Identify one thing you have been holding back from pursuing because "it probably won't work out." Take one concrete step toward it this week. Just one. Not to guarantee a result — to practise the act of trying.

Step 3

When something good happens this week — a nice moment, a small win, something going right — resist the urge to immediately brace for it to go wrong. Just let it be good for a moment. That is the work.

Step 4

Write down a past loss that still affects how much you let yourself hope. Let yourself feel it. Then write: "That was then. This is now." Not as a mantra — as a genuine separation of the past event from your present reality.

THE SHIFT

→ You allow yourself to actually want things again — without pre-emptively bracing for loss.

"Hope is not naivety. It is the decision to remain open to what your life could be."



HABIT 04

My Past and My Family Are Who I Am

WHAT IT SOUNDS LIKE

"I come from a broken family. A chaotic background. I carry that with me. People can probably tell. It shows up in everything I do. I am the product of where I came from — and where I came from wasn't good. So this is just who I am. This is my ceiling. The people who had stable childhoods get to be different. I get to be this."

WHERE IT COMES FROM

When your origin story is painful, it is easy to let it become your identity. Not because you want it to — but because it's the most formative thing that happened to you, and the brain loves a coherent narrative.

The problem with making your past your identity is that identities feel fixed. You don't argue with who you are. You don't try to change what you fundamentally are. You adapt to it. You protect it. You become it.

This is the identity trap. And it is reinforced everywhere — by people who reduce you to your background, by well-meaning questions that keep pulling the story back to where you came from, by the psychological comfort of having a simple explanation for why things are hard.

Your past is the reason for some of your patterns. It is not the verdict on who you will always be. Those are very different things, and the distinction matters enormously.

The people who broke you — or who failed to protect you, or who simply weren't capable of giving you what you needed — they were working from their own unprocessed wounds. Their limitations are not your inheritance unless you choose to accept them as such.

HOW I BROKE IT

The shift for me started when I separated explanation from identity. My background explains certain patterns. It does not define me. Those are not the same sentence.

I also had to stop using my past as a pre-emptive excuse. Not because I was being hard on myself — but because I noticed I was using the story of where I came from to avoid the discomfort of trying to be different. "Of course I do this, look where I came from" is a very

effective way of never having to change.

I started asking: who would I be if my past were simply something that happened, rather than something I am? Not denial — I didn't pretend it didn't happen. But I started treating it as context rather than definition.

And I started noticing the ways I was already different from the patterns I came from. Because I was. You are. The fact that you are reading this, that you are asking these questions — that is already evidence that you are not simply the product of your environment.

ACTION STEPS

Step 1

Write the sentence: "I come from _____, and it shaped _____ in me." Then write a second sentence: "But I have already shown I am different by _____." Both sentences are true. Most people only ever write the first one.

Step 2

Identify one pattern you have that came from your family or upbringing. Then ask: is this mine now, or is this theirs? If it's theirs — you can put it down. It was never yours to carry.

Step 3

Write a description of yourself as if you were describing a stranger you had just met — someone with your history, but someone you were seeing fresh. What would you see? What would you respect? This is not toxic positivity. It is a change of lens.

Step 4

Find one way this week to act as the person you are becoming, not the person you were told you were. One small choice that belongs to your future rather than your past. Notice how it feels.

THE SHIFT

→ Your history becomes the reason for certain patterns — not the verdict on who you will always be.

"Where you came from is the beginning of your story. It was never supposed to be the whole thing."



HABIT 05

I Have to Earn the Right to Feel Good

WHAT IT SOUNDS LIKE

"I can't relax until I've done enough. But I never quite feel like I've done enough. Every time I get close to the feeling of "this is okay," I move the goal. I am always one achievement away from deserving to feel at peace. I am exhausted. But stopping feels wrong. Like if I stop, everything will fall apart, or someone will see that I was never that good to begin with."

WHERE IT COMES FROM

This habit is the engine of a lot of high-functioning misery. You look like you're doing well from the outside. You produce. You achieve. You show up. But none of it actually lands. The good feeling never fully arrives, and when it does, it doesn't stay.

It starts in environments where love, approval, or safety were conditional. Where you were praised for what you did rather than who you were. Where being good enough meant performing — behaving correctly, getting the grades, not causing trouble, being the one who held things together.

When love is conditional, you learn that your worth must be earned. And you become very good at earning it. You become productive, driven, capable. You help everyone. You overdeliver. You rarely ask for anything.

And underneath all of it is a constant, low-grade terror that if you stop performing, the approval — the love, the safety, the belonging — will be withdrawn. So you never stop. You raise the bar every time you reach it. Rest becomes guilt. Enjoyment without productivity becomes something you have to justify.

This is not ambition. Ambition is wanting to grow. This is a survival mechanism disguised as drive — and it will exhaust you until you name it.

HOW I BROKE IT

The hardest thing I did was practise resting without earning it first. Not as a reward. Not after completing everything. Just — stopping. Sitting with the discomfort of not doing.

The discomfort is the habit's alarm system. When I rested without earning it, I felt guilty, anxious, like something bad was about to happen. That feeling is not the truth — it is the

residue of a childhood where something bad did happen when you relaxed your guard.

I also started questioning the logic of the moving goalpost. I would notice: I did the thing I said would make me feel okay. And I don't feel okay. Which means the goal was never the actual condition — the condition was something else entirely. And that something else was worth finding.

Underneath the performance trap, for me, was a belief that I was fundamentally not enough as I was. That the achieving was proof against the lack. When I found that belief and looked at it directly — when I asked where it actually came from, and whether there was any real evidence for it — it started to lose its grip.

ACTION STEPS

Step 1

This week, choose one hour where you rest without earning it first. Not sleep — conscious rest. Sitting with a coffee, walking without a destination, doing nothing in particular. Notice the guilt or anxiety that comes up. Don't fix it. Just observe it. That feeling is the habit making itself visible.

Step 2

Write down your current "enough" threshold — the thing that, once done, you tell yourself you'll feel at peace. Then honestly examine: have you ever hit that threshold and actually felt at peace? Or did the bar move? If it moved — write down when and why.

Step 3

Identify one relationship where you earn your place through what you do rather than who you are. Ask yourself: what would happen if I just showed up as I am, without the doing? The answer to that question will tell you a great deal about whether the relationship is feeding the habit or healing it.

Step 4

Write this down and put it somewhere you'll see it: "My worth is not a performance review." Not as an affirmation — as a counterargument to a specific lie you've been told and started telling yourself.

THE SHIFT

→ You stop treating your own peace as a prize to be earned and start treating it as something you are allowed.

"You have been exhausted long enough. Rest is not a reward. It is a right."



AFTER THE FIVE

A Final Word

If you made it to this page, you did something most people won't.

Most people sense these patterns in themselves and look away. It's uncomfortable to see clearly. It asks something of you. The fact that you looked — and kept looking — matters.

These five habits did not appear overnight. They were built over years, piece by piece, in response to real things that happened in your real life. They made sense once. They kept you safe once. You do not get to be angry at yourself for having developed them.

What you do get to do is notice them. Name them. Start, slowly and imperfectly, to do something different when you catch them running. Not all at once. Not dramatically. Just — differently than yesterday.

This guide is a starting point. The real work is done in the moments that don't feel like work — the moment you choose not to blame yourself automatically, the moment you let yourself want something and don't immediately brace for disappointment, the moment you rest without earning it.

Those moments stack. Slowly, then all at once, they become a different life.

You can love your life every single day. We are not supposed to be slaves to our own minds. This is not a platitude. This is something I live. I want the same for you.

If this guide opened something and you want to go further — I'm here.

- ◆ The Unbroken Mindset Masterguide — the full system, workbooks, and identity rebuild roadmap. Coming soon. Join the waitlist.
- ◆ 1:1 sessions — private, judgment-free, built entirely around your specific situation. DM "READY" to book.

The Unbroken

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