



Flourish Shift: From Masking to Self-Reclamation

When you've spent years surviving, those tools become second nature. Let's name some of them and begin to imagine new ones.

Gold Standard Belief	Flourish Reframe
"I need to be easy to be around." →	<i>I deserve to take up space.</i>
"I shouldn't need help." →	<i>Support is a strength, not a weakness.</i>
"I have to get it right the first time." →	<i>Learning and adapting are valid. I'm allowed to make mistakes</i>
"If I show emotion, I'll be judged." →	<i>My emotions are human—and honest. I'm allowed to feel them.</i>
"I'm not allowed to rest" →	I deserve to rest. I don't need to earn it