

Handout Flourish Shift Table — Stress, Overwhelm & Self-Trust

What You've Been Taught or Internalized	What You're Learning to Choose (Flourish Shift)
I should keep going, even when I'm exhausted	I'm allowed to stop before I hit overwhelm
Needing help means I'm falling behind	Support is part of how I function best
I'm too sensitive for everyday life	My sensitivity is valid and gives me data
I should be able to handle more	My capacity matters more than others' expectations
If I push through, it'll get better	If I pause now, I'll have more to give later
I need to hide my dysregulation	I can name what's happening and care for myself
Everyone else seems to manage fine	Their nervous system isn't mine and mine needs different things
If I rest, I'll fall behind	Rest is how I stay in relationship with myself
I shouldn't need this much recovery	Recovery is part of regulation