



STEP 4 – Practical Action Steps

To help you stop overgiving, let go of the fixer role, and come back to yourself

Some of us got really good at making others feel better. Smiling when we didn't want to. Softening our voice so no one got upset. Cracking a joke just in time to keep the room from snapping.

It worked. That's why we kept doing it.

But at some point... it stopped being a choice.

This week's steps are for the part of you that always knew how to carry the weight, even when it wasn't yours to carry.

These steps aren't just about breaking habits. They're about breaking spells. The kind that told you love had to be earned. That your worth was tied to what you gave. That your softness only had value when it kept others calm.

Each one is a small act of return - to a version of you that didn't have to manage everything just to feel safe. This isn't self-help. It's self-recovery.

You're not here to carry the weight of the whole room. You're here to come back to the ground beneath your own feet.

Let's make space for something else now.

1. Notice when you slip into 'fix it' mode.

You don't have to stop it yet. Just clock it.

When do you shift into making the room feel better?

When someone's upset? When silence gets heavy?

Notice what part of you jumps in - and what it's trying to protect.

2. Ask yourself one simple question:

"What's happening in me right now?"

Not around you. Not in them.

In you.

Even if the answer is "I don't know." That counts.

3. Try not fixing - just once.

Next time someone's upset, try staying quiet.

No smile. No joke. No comfort.

Just stay.

See what comes up in your body. That's the real work.

4. Talk to the younger version of you.

The one who learned to soothe everyone else so they wouldn't leave.

Or hurt you.

Ask them and journal:

"What were you scared would happen... if you didn't help?"

Listen. Don't rush them. They might still be scared.

5. Let someone show up for you.

Even if it feels awkward. Even if your instinct is to say, "I'm fine."

Let someone ask how you are.

And answer properly. Not performatively.

6. Say this out loud - no need to believe it yet:

"I'm still worthy even when I'm not helping anyone."

Just say it.

You're not casting a spell. You're loosening a knot.

7. Choose one small boundary this week.

Could be a delayed reply. A shorter call.

Could just be telling someone, "I don't have it in me today."

Start small. Let it be clumsy. You're learning a new language.