

A dark, textured circular shape, resembling a charcoal or ink smudge, is centered on a solid blue background. The texture is grainy and uneven, with some lighter areas near the edges. The text is centered within this dark circle.

welcome to  
**JUST LIVE**

# I am Lindsey Lockett.

I love the female body.  
I love watching the female  
body dance — ballet,  
strippers, pole dancers, &  
burlesque.  
I have been obsessed with  
birth for my entire life. I  
think I may have been a  
midwife in a past life.



I am not a licensed therapist, counselor, or healthcare provider. This presentation is for informational and educational purposes only and is not intended to diagnose or treat any physical or mental health condition, nor is this presentation or its author a substitute for mental or physical healthcare. You are responsible for your healthcare choices.

This presentation is protected by U.S. and international copyright laws. Reproduction, including screenshots, of this presentation without written permission of the author is prohibited.

Basically, don't steal my shit. ;)

**JUST LIVE is the final workshop in the  
Feel Without Fear series.**

The group coaching call for this workshop  
is next week:

Tuesday, August 6 @ 10am

\*\*Final Integration Ceremony: Wednesday,  
August 7 @ 5pm CST\*\*

A dark, textured circular shape, possibly representing a cell or a microorganism, is centered on a solid blue background. The texture is grainy and somewhat irregular, with some lighter areas on the left side. The text is overlaid on this shape.

# **WHAT IS LIFESTYLE INFLAMMATION?**

**LIFESTYLE INFLAMMATION is a concept that dropped into my awareness a few years ago.**

**It is anything — any aspect of your life — that doesn't support the healing and life you want to create and live with purpose.**

**Lifestyle Inflammation is also all the stuff that isn't aligned with our Authenticity.**

# Have you heard of the SAD or Standard American Diet?

- > processed
- > high in refined carbs
- > low in plant foods
- > soft drinks
- > fast foods
- > high in seed oils/PUFAs

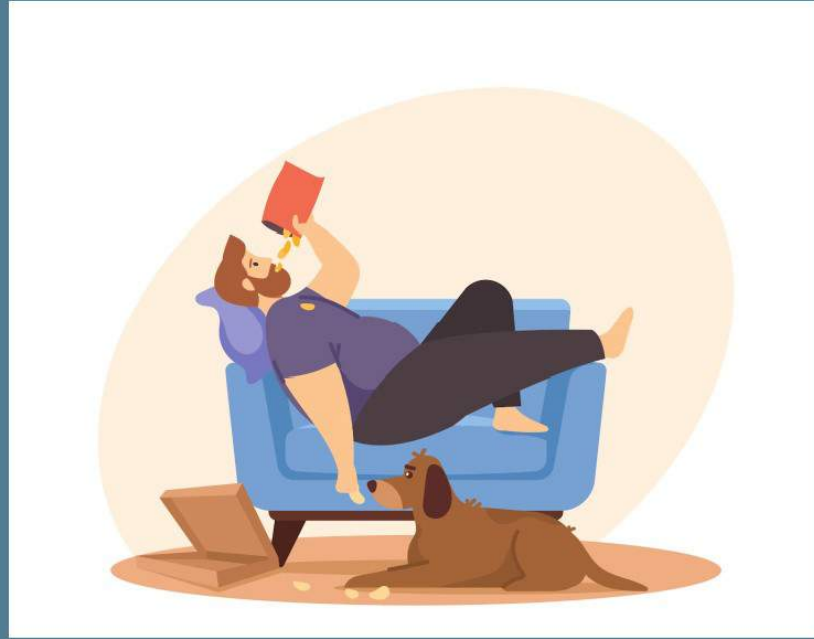


- > full of additives like MSG, artificial colors/flavors, artificial sweeteners, preservatives, & other ingredients you can't pronounce



# Or, the Standard American Lifestyle:

- > sedentary
- > mostly indoors, very little time in Nature
- > constant screens
- > the "hustle"/ the "grind"



- > overscheduled
- > overworked
- > disconnection from community
- > phone notifications
- > capitalism
- > patriarchy
- > hyper-individualism

Although it is outside the scope of this workshop, no discussion about the "Standard American Lifestyle" is complete without acknowledging the stress & trauma of things we individually don't have much control over, such as:

- > COVID-19, lockdowns, mandates, etc.
- > climate change
- > political/moral polarization
- > cancel culture
- > systemic racism
- > political corruption
- > inflation, the economy
- > corporate capitalism
- > lack of affordable healthcare
- > wealth inequality
- > food deserts
- > patriarchy
- > unethical social media companies
- > institutionalized education system



**Due to so many things beyond our control,  
it is even more imperative that we take  
care of our nervous systems as best as we  
can.**

**Building our own resiliency in community  
is how we take back the power we DO  
have.**

For the individual things we have control  
over...

**We cannot heal in the same environment  
(or lifestyle) that made us sick. The goal of  
healing is not to "get back to normal".**

>> "Normal" is dysregulating.

>> "Normal" is the hustle and grind.

>> "Normal" is asleep.

>> "Normal" is under-nourished.

>> "Normal" is exhausted.

**Our bodies speak to us via our nervous systems. Feeling, sensation, and symptoms are the language of our bodies.**

**They are messengers that tell us we need to change, slow down, pivot, or stop whatever isn't aligned with our Authenticity.**

# REDUCING LIFESTYLE INFLAMMATION REQUIRES...

- > a willingness to be in awareness of ourselves and get curious about our lives, choices, relationships, etc.
- > radical honesty about what is and isn't aligned with our Authenticity
- > personal responsibility
- > agency to make choices that are within our power and are congruent with our Authenticity

# **WITH AWARENESS & CURIOSITY, WE HAVE TO...**

- > evaluate relationships, how we spend our time, screen use, our schedules, our food and movement choices, the environments of our homes**
- > prioritize and create time for rest, relaxation, play, and pleasure, on our own and in community**



# **WITH AWARENESS & CURIOSITY, WE HAVE TO...**

- > use our agency to set boundaries and say no to people and things so we can say yes to honoring ourselves and creating a life we want**
- > reduce focus on things outside of ourselves, such as social media, news, problems we can't solve, things we don't have control over, even activism if it creates Lifestyle Inflammation**

**WHAT ARE THE VOICES IN YOUR  
HEAD SAYING ABOUT THIS SO FAR?**



# REDUCE LIFESTYLE INFLAMMATION



- > Is every hour of your day filled with something? Do you have spaciousness in your days for rest, play, & enjoyment?
- > Are you too busy working to pay for the things you want but don't have time to enjoy them?
- > Are your kids involved in so many extracurriculars that you feel like a taxi driver?
- > Does your commute take up a good portion of your time leaving no time for rest and play?
- > How much time are you actually spending on your phone? Do you spend time on your screens at the expense of rest, play, and pleasure?
- > Do you & your partner frequently argue over being exhausted and stretched too thin but feel unable to live a different way?
- > Is your diet full of processed, canned, boxed foods with fake ingredients and seed oils?
- > How much time do you spend in Nature?
- > How are your boundaries?

# **NOT-SO-OBVIOUS SOURCES OF LIFESTYLE INFLAMMATION**

**Let me tell you about someone  
I know...**

Jared is quite wealthy. He and his wife own a multi million-dollar home in one of the nicest neighborhoods in Austin, Texas. Jared and his wife both work from home and make 6-figure incomes.

They have plenty of workspace, privacy, a beautiful yard, etc. They have one child living at home who is in school full-time. They frequently spend their weekends taking their son to private league soccer tournaments.

Jared and his wife also own a million-dollar AirBnB. When they're not taking their son to soccer tournaments on weekends, they spend their other "free" weekends doing laundry and cleaning the AirBnB. It's rented out 90% of the time, so there's a lot of guest turnover which means a lot of cleaning and laundry. Jared's job requires him to meet in-person clients all over the country at least 10 days per month. He often stays up late answering work emails.

Although Jared and his family live in a beautiful, newly remodeled home, the small finishing details — like hanging up bathroom mirrors and pictures on the wall and unpacking boxes — haven't happened despite having lived there for 18 months.



Jared has difficulty sleeping and experiences anxiety most of the time. His life is fast-paced and urgent, with lots of financial and relational pressure. His words to me were, "I feel like I'm buzzing inside all the time. I'm exhausted but I can't sleep. I'm worried about all the financial commitments I have, but this is how you make money, so I just hope it gets easier."

His nervous system is SCREAMING at him.

I use this example on purpose. When I talk about Lifestyle Inflammation, I usually hear the most pushback from lower income people. They don't have the money to do less or work less. They can't afford coaching or therapy. And, I have so much compassion and understanding for that.

But Lifestyle Inflammation doesn't have an income bracket.

This example proves that you can have nice things and plenty of money and your nervous system can still be incredibly dysregulated.

Many people would look at Jared's life and feel jealous. "What does he have to lose sleep over? He has it all. He's financially secure, married, has a child, nice cars, a beautiful home, friends, a country club membership, a second home, rental income, etc. etc. He's so privileged! Some of us are out here barely making ends meet, barely surviving!"

Underneath all that success is a man who is buckling under the weight of perfectionism, over-achieving, and work-a-holism. His trauma response is to do everything and add more to his plate to prove that he can succeed. He has a "privileged" life from the standpoint of wealth, but in many ways he is not privileged at all.

He bases his worth in being a high-performance money-maker. He rarely spends time in Nature. When his insomnia is particularly bad, he uses benzos and/or alcohol to sleep. He has plenty of money, sure. But he has no time, no space to simply BE. He is not living a life, he is surviving — as a millionaire.

**He has an extremely  
INFLAMMATORY LIFESTYLE.**

**Even if Jared had the perfect diet  
and went to the gym 5 days a  
week... even if he saw a therapist  
(if he even had time)... even  
though his material needs are  
met... this type of lifestyle is  
UNSUSTAINABLE.**

**Neither medication nor meditation would give Jared the spare time, energy, and rest his body craves.**

**Jared doesn't need nervous system tools.**

**Jared needs to take responsibility for how out of control his life has become and for why he believes he needs to be a workaholic to prove his worth.**



**There is no protocol, coach, therapy, meditation, breathwork, yoga class, or diet that will shift your nervous system as much as having an awareness of Lifestyle Inflammation and taking tangible action steps to reduce it.**

**This requires time, intention, patience, and even looking weird to others, but it is possible.**

**So, hopefully, it's obvious to us that Jared has a lot of Lifestyle Inflammation.**

**Work-a-holism, constant busyness, no time in nature, and no BE-ing are pretty obvious sources of Lifestyle Inflammation.**

**But...**

**Is the "healing journey" itself a less  
obvious source of Lifestyle  
Inflammation?**



**More than how much money, time, or  
energy we have...**

**More than who we marry or live with...**

**More than what we eat...**

**Without awareness, our TRAUMA  
RESPONSES unconsciously create  
our lives.**

**And our lives become a living reflection of the adaptations and unconscious coping mechanisms we learned in order to survive a dysfunctional upbringing.**

**These adaptations and coping mechanisms show up in the "healing journey" also.**

- > obsession with healing all the things
- > outsourcing wellness, power, & safety to coaches, therapists, IG accounts
- > getting triggered means "I'm still not healed!"
- > always needing to try the latest nervous system modality/Vagus nerve reset/therapy because "I've tried everything else and nothing works."
- > sense of urgency, like a clock is ticking on healing
- > hypervigilant with self, frequent checking in to "make sure" the anxiety/freeze/panic attack/etc. isn't coming back
- > feels especially validated when people feel sorry for you



- > Inner Critic becomes especially loud/busy about how you haven't healed yet/enough
- > still wanting to control emotional experiences
- > over-sensitivity
- > dissociating into the "healing journey"
- > obsession has switched from health Facebook groups & IG accounts to "healing journey" groups & accounts
- > little to no interest in "non-spiritual" activities/spiritual perfectionism
- > little to no interest in activities & hobbies which are unrelated to healing
- > rigidity with nervous system routine/tools

**Do you see how familiar, unconscious trauma responses and adaptations can quickly take over the "healing journey", causing you to unconsciously jump on the Trauma-Healing Hamster Wheel?**



**Do you see how that can create Lifestyle  
Inflammation?**

**You're not SIMPLY LIVING, SIMPLY BEING  
when you're on the Trauma-Healing  
Hamster Wheel.**

**Kinda sounds like health  
anxiety, huh?**

**"Healing Journey Anxiety"  
LOL**

**BIG A-HA MOMENT FOR ME:  
HONOR'S KITCHEN**

**"Sounds kinda like a hamster  
wheel, huh?"**

**— David**

**"What if it's a scar?"**  
**— Honor**

**Their curious questions brought me into awareness that I was indeed on the Trauma-Healing Hamster Wheel with this pattern.**



**For weeks, I've been sitting with their questions and what it means to have a scar people can't see, of the irony of me being back on a hamster wheel, of there being something as big as this pattern that I may have healed as much as I can.**

**It NEVER occurred to me that I couldn't  
"fix" this.**

**It NEVER occurred to me that this was  
a big scar that has healed as much as  
it ever will.**

**It NEVER occurred to me that I might  
have an emotional disability of sorts.**

**When I first recognized this trigger and my adaptive patterns, I knew it was a big one — probably the one that has unconsciously informed most of my relationships.**

**It makes sense that I want to work through it and heal it.**

**But, I fell back into an old belief  
pattern that "HEALED" =**

**totally gone  
resolved  
no longer happening  
over and done  
cured**

**What does "healed" even  
mean???**

**Who am I if I'm not "healing"?**

**Who am I if I'm not fixing?**

**What if some of my CPTSD  
adaptations are scars?**

**What if they're as "healed" as they  
can be?**

**What if I have emotional and  
spiritual scar tissue that I can't  
control or change?**

**What if I could trust that I'll be OK  
even if this scar affects my life and  
relationships?**

**What if I am worthy of love and  
belonging EVEN IF I never do a  
shred more healing?**

**What if I let this compulsive need to  
"heal this" go?**

**What if "healing" it means learning  
to live with it?**

**What if I channeled all this energy  
working on myself toward  
cultivating safe, reciprocal  
relationships where there's room to  
work out and through my patterns?**



**What if I didn't have to figure out how to avoid or control this pattern and surrendered any beliefs that I must prevent my scars from being seen?**

**What if open communication about my patterns is enough?**

**What would I do with my time, energy, and money if I wasn't focused on a health/nervous system/relationship problem?**

**What if there's nothing to fix?**

**This was my own AWARENESS  
+ CURIOSITY process.**

**Where did it take me?**

**I realized I held a limiting belief that there's some point "out there" where I arrive at a destination of no more pain, no more triggers, no more CPTSD, where I "finally figured it out".**

**It makes sexy marketing to be able to sell people that kind of outcome, doesn't it?**

**That destination is where all people want to get to when they embark on "the healing journey".**

**But...**

**I am not FEELING WITHOUT FEAR  
so that I can magically arrive at an  
imaginary destination where  
everything is fixed and gone and I  
am a perfectly healed human.**

**But...**

**I am not FEELING WITHOUT FEAR  
so that I can magically arrive at an  
imaginary destination where  
everything is fixed and gone and I  
am a perfectly healed human.**

**NEITHER ARE YOU.**

**What if "healed" COULD mean...**

***I'm not obsessing about it  
anymore; just present with it  
when it happens and I feel my  
way through it?***



**What if "healed" COULD mean...**

***I recover from the trigger more  
quickly?***

**What if "healed" COULD mean...**

***I have language to describe my experiences and communicate what I experience with my intimate relationships when it affects them?***

**What if "healed" COULD mean...**

***I understand the connection  
between my childhood  
abandonment wounding and  
how smart my body was to  
adapt in the ways it has to  
survive?***

**What if "healed" COULD mean...**

***I accept however the scar  
shows up and continue to offer  
myself unconditional love and  
acceptance?***

**What if "healed" COULD mean...**

***I accept that my nervous system was programmed by a set of circumstances completely beyond my control and I'm just doing my best?***

**What if "healed" COULD mean...**

***I co-create reciprocal relationships where I am not too much and I am loved, wanted, cherished, and respected always, including when I get triggered?***

# SCARS...

**Scar tissue is often rigid, tough, and thick. It can be worked with and softened, but the body is permanently changed.**

**Depending on the severity of the scar, the body may have to adapt around it or compensate somehow.**

# SCARS...

**We may be asked to tell how we got a scar.**

**No one wants a scar because it's a permanent reminder of the wound, the pain, the experience. Still, what other choice do we have but to accept our scars and figure out how to live with them?**



**Of course, we know that nervous system healing happens. We have all experienced the healing power of awareness and curiosity. Even feeling our feelings without fear is healing.**

**And also, I don't honestly know if it's realistic to "heal everything" if "heal" means get rid of, fix, go away, totally resolved.**

**Can BOTH be true at the same time?**

**Could a combination of awareness +  
personal responsibility + acceptance  
be the ticket off the Trauma-Healing  
Hamster Wheel?**

**Some of us wear our scars on our physical bodies, and some of us wear our scars in our emotional bodies.**

**We recover as much as we can, but it doesn't change the fact that the scar is still there.**

**Does this create spaciousness for you? Does this make the "healing journey" seem less like a ticking clock?**

**Or, do you notice resistance? Is some part of you struggling to accept this and let go?**

**What does it mean to "let go"?**

**Can I let go of the need to know  
what letting go means?**

**If I don't know what it means to let  
go and I don't know how to let go,  
how can I let go? (resistance)**

**Keep going deeper...**

**Does a part of me believe that I  
can't do something without  
needing instructions?**

**What if letting go is a moment-by-moment choice?**

**What if letting go means I choose to change what I can and let go of what I can't change?**

**Can I support myself as much as possible if I have to face things outside of my control or when I am affected by things beyond my control (ie. scars)?**

*God, grant me the serenity to accept  
the things I cannot change, the  
courage to change the things I can,  
and the wisdom to know the  
difference.*



A dark, textured circular shape, resembling a charcoal or pencil smudge, is centered on a solid blue background. The text "quick break!" is written in a bold, white, sans-serif font across the middle of the dark circle.

**quick break!**

A dark, textured circular shape, possibly a watercolor blot or a dark ink smudge, is centered on a solid blue background. The word "ACCEPTANCE" is written in white, bold, uppercase letters across the center of the dark circle.

**ACCEPTANCE**

"It is exceedingly difficult to accept the proposition, the fact that recovery is never complete. Although we can expect our flashbacks to markedly decrease over time, it is tremendously difficult, and sometimes impossible, to let go of the salvation fantasy that we will one day be forever free of them."

— Pete Walker, *Complex PTSD: from Surviving to Thriving*, p. 76

"Yet when we do not loosen our grip on the salvation fantasy, we remain extremely susceptible to blaming ourselves every time we have a flashback. Understanding this is crucial because recovery typically progresses in a process that has many temporary regressions. Moreover, most recoverees often have the unfortunate subjective experience that the temporary regression feels as permanent as concrete."

— Pete Walker, *Complex PTSD: from Surviving to Thriving*, p. 76

"So how can we come to bear the knowledge that our awful childhoods have create some permanent damage? It helps to see CPTSD as somewhat analogous to [...] a condition that will need management throughout my life. [...] CPTSD can become infrequently bothersome. And even more importantly, we can evolve towards leading increasingly rich and rewarding lives."

— Pete Walker, *Complex PTSD: from Surviving to Thriving*, p. 77

**When we aren't accepting what IS, we are in resistance.**

**Resistance creates suffering.**

**We can end our own suffering through radical acceptance of exactly what is happening.**

**As my friend Mark says, "This is what's happening."**

# ACCEPTANCE DOES NOT MEAN...

- > giving up
- > quitting
- > going back to sleep and living without awareness again
- > remaining in victim consciousness
- > you stop feeling

# ACCEPTANCE DOES MEAN...

- > presence to whatever is happening in each moment, whether triggered, ok, or somewhere in between
- > not trying to force or control things we cannot control
- > reminding ourselves that recovery is a lifelong process and temporary setbacks are part of that process



**I believe grief plays a huge role  
in acceptance.**

**GRIEF IS A NON-NEGOTIABLE  
PART OF COMING TO  
ACCEPTANCE & AUTHENTICITY**

- > loss of childhood
- > loss of Authenticity
- > for the struggles you have now
- > over the scars
- > for what was, what wasn't, what could've been
- > for not having the parents you deserved

- > lost time, energy, money trying to heal something you didn't choose
- > lost opportunities/relationships
- > for the ways you unconsciously hurt others
- > whatever loneliness you feel now

**ALL OF IT IS WORTH GRIEVING  
OVER. GRIEF IS VALID AND  
NECESSARY.**

**And when you grieve, it's 100% ok to feel like a victim. Giving yourself COMPASSIONATE GRIEF can bring you out of victim consciousness because the victim part is finally acknowledged and met.**

# GRIEVE WHAT YOU DIDN'T RECEIVE.

> parents who were interested in conversation w/ you

> who answered your questions

> who told you stories, read you books

> who didn't acknowledge your inherent worth

> who didn't give you fun, joyful experiences (memories)

> who didn't teach you how to integrate painful experiences

> who didn't nurture your creativity or self-expression

> who didn't welcome your emotional expression

# GRIEVE WHAT YOU DIDN'T RECEIVE.

- > who modeled repair
- > who modeled conscious emotional expression
- > who modeled integrated emotion
- > who taught you how to safely feel and release anger
- > who did not give you ample love and warmth
- > who taught you not to cry and not to feel
- > who shamed you in any way
- > who didn't make sure you got plenty of sleep and nourishing foods
- > who didn't help you develop healthy personal habits and self-care

## **IMAGINED REPROCESSING TO UNLOCK GRIEF**

Play a movie in your imagination of you as a young child/baby/toddler. In this video, you are seeing yourself as a beautiful child who is worthy of unconditional love, compassion, and respect, who is worthy of being your Authentic Self.

Imagine scenes of not receiving love, of being met with scorn and contempt, of not being properly cared for, of not being held, of not being seen or heard. Allow any and all emotion to come up.



# IMAGINED REPROCESSING TO UNLOCK GRIEF

Witness this small, helpless version of you. It's ok to feel angry and sad. It's ok to cry.

This is how we resolve trauma loops. We don't get to skip past this work.

We weren't able to fully FEEL then because we had to adapt. We must go back and FEEL it now to HEAL it.

## **IMAGINED REPROCESSING TO UNLOCK GRIEF**

When you work with your Kids on the Bus (parts), you can use this same process.

Visualization is a powerful way to hack into the subconscious parts of the brain to resolve trauma looping. It can even reduce or heal triggers because you finally went back and processed what has gone undigested and unmetabolized.

As grief comes up, FEEL WITHOUT FEAR. You will feel better if you let it come up and out.

**I invite you to be open to the possibility that you could accept yourself and your scars just as you are today. Even if you don't do a shred more "healing", you are still worthy, you still belong, you are wanted.**

A dark, textured circular shape, resembling a charcoal or ink smudge, is centered on a solid blue background. The texture is grainy and uneven, with some lighter areas where the blue background shows through.

# **SAFE RELATIONSHIPS**

**We are hurt in relationship, so we  
must heal in relationship.**

**Not having safe, reciprocal  
relationships and community IS A  
SOURCE OF LIFESTYLE  
INFLAMMATION.**

**Sure, there's a place for self work. It's important to sit with ourselves, our thoughts, and our feelings. It's important to notice our stories and the voices in our heads and be curious.**

**AND ALSO...**

**Relationships are containers to bring awareness to our adaptations and coping mechanisms, too. Because there are certain MAJOR adaptations that don't come out in relationship with ourselves but do get poked in relationship with others.**

**You can read all the books, listen to all the podcasts, hire all the coaches, take all the courses, do all the breathwork and self work you want, but IN THE ABSENCE OF RELATIONSHIP, you will have no opportunities to work through some triggers — especially those around abandonment, being "too much", feeling unworthy to receive love and nurturing, avoidance of physical or emotional intimacy, etc.**

# QUALITIES OF SAFE RELATIONSHIPS

- > mutual respect
- > emotional vulnerability + intimacy
- > listening to understand, not respond
- > open, honest communication
- > space for each person to get dysregulated or triggered without fear of abandonment
- > cooperative, not competitive
- > reciprocal (not "tit for tat")
- > have fun together



# QUALITIES OF SAFE RELATIONSHIPS

- > clear repair process after ruptures
- > interdependence, not overly co-dependent, not hyperindependent
- > validation of feelings AND ALSO the open invitation to ask if feelings are based in fact or story
- > each person accepts personal responsibility
- > space for each person's perspective
- > each person's uniqueness is loved and honored
- > no standards of perfectionism, no gaslighting, no manipulation

**In safe, reciprocal relationships, there is no expectation of perfection. Mistakes are allowed. Getting triggered is allowed.**

**"I have to heal before I can be in relationship with anyone" is the biggest bunch of TOXIC BULLSHIT ever.**

**That belief literally means...**

**I am too much. My scars are too much. I am not worthy of reciprocal love, respect, and compassion if I am not "healed" (meaning, this issue isn't totally gone).**

**With this reasoning, NONE of us would ever be worthy of relationship.**

**This brings us back to ACCEPTANCE OF  
SCARS.**

**Where did I learn that I need to be "healed"  
before I can be in relationship?**

**Where did I learn that I'm "too much"? Or  
it's not worth it because I'll always get hurt/  
left?**

**We know trauma changes the structure  
and connectivity of certain areas of the  
brain.**

**We know that trauma hardwires the  
nervous system to default to certain states.**

**THIS IS A BIG DEAL.**

**INSTEAD OF FOCUSING ON HEALING ALL THE THINGS, LET'S CHANNEL THAT ENERGY TOWARD CULTIVATING SAFE, RECIPROCAL RELATIONSHIPS WHERE, NO MATTER WHERE WE ARE ON OUR JOURNEY, WE BELONG, INSTEAD OF WAITING FOR THE NON-EXISTENT DAY WHEN WE OUT-HEAL OUR HUMANNESS.**

**Co-create a NEW NORMAL for your relationships.**

**If you have just one person — a friend, a partner, a sibling, a cousin — you literally can describe this type of safe, reciprocal relationship to them and ask them if it's something they're needing too.**

Though my Inner Circle has existed for many years and my relationship with David is 22+ years old, I leveled up in my communication in 2021.

I started speaking to my friends, family, and David in the language of the nervous system and awareness. I started showing up in conversations with curiosity and noticing my own body.

I asked my closest relationships to learn with me.



I practiced. We practiced.

We don't always get it right, but the  
containers of these relationships are SACRED  
AS FUCK.

They're also SAFE AS FUCK.

**Vulnerability, transparency, mask-off  
authenticity is only weird and feels  
off-limits to us because we've never  
seen it modeled.**

**What we see modeled — from parents, family, surface-level friends, TV, movies, and social media — is unhealthy communication, very little vulnerability, people-pleasing, assuming instead of asking, passive-aggressiveness, fawning, boundarylessness, manipulation, control, censoring, and fear.**

**All of these very normal ways of showing up in relationship ARE NOT WORKING.**

**They don't create thriving relationships. They end relationships or keep us in toxic relationships way longer than is good for us.**

**"Normal" is not always healthy.**

**Some relationships won't withstand this type of Authenticity and vulnerability because they're built on 1 or more person's ability to fawn and people-please, to stay silent, to censor and hold back.**

**The relationships that welcome and practice this level of vulnerability will last.**

**NORMALIZE VULNERABILITY, HONESTY,  
INTEGRITY, & AUTHENTICITY IN  
RELATIONSHIP.**

**If you're starting a new relationship, start with this type of communication and vulnerability from the beginning.**

**If you're navigating an established relationship and the other person is interested in co-creating a safe, reciprocal relationship with you, start practicing this type of communication and vulnerability.**

## It's REALLY OK to say...

*"I have a tendency to self-abandon by fawning and people-pleasing. I'm working on setting boundaries, so if I come across as harsh, please know it's because I'm new at this and I'm learning. It's ok for you to share how my boundaries land with you."*



## **It's REALLY OK to say...**

*"I can be really sensitive to non-verbal communication cues like body language and facial expression. I may need to ask you for clarification if I get confused or triggered. Is that ok with you?"*

## It's REALLY OK to say...

*"I tend to over-give in relationships and let people emotionally dump on me because I believe it's what makes me a good friend. I'm working on this. Please ask me before you vent or dump. And know that if I say no, it doesn't mean you can never share. Are you ok with navigating this on a case-by-case basis?"*

## It's REALLY OK to say...

*"I totally understand if you need time to think about what I've asked. If you could acknowledge that you've heard/seen my request and that you're thinking about it, it would help me feel more secure."*

## It's REALLY OK to say...

*"I have an anxious-avoidant attachment style. If I start to seem clingy and needy and then push you away, please let me know. I'm really working on this and I don't want to send you mixed signals because I love you."*

## It's REALLY OK to say...

*"I'm realizing that I may always need a higher level of emotional support in intimate relationships. Can that be ok between us? And will you let me know if it's ever becoming too much for you?"*

**It's REALLY OK to say...**

*"I'd really love to deepen our connection. Can I be vulnerable about my challenges/triggers/emotional disabilities?"*

## It's REALLY OK to say...

*"I don't expect that we'll have a perfectly smooth relationship all the time, but repairing after ruptures is really important to me because I value you and this relationship. Are you open to repairing with me when we have a conflict?"*

Do you see how you'll never accidentally stumble into this type of relationship?

**IT MUST BE CO-CREATED IN SAFETY AND RECIPROCITY.**



**Don't reduce your Lifestyle Inflammation  
because it's a necessary part of the  
"healing journey" (even though it is).**

**Reduce Lifestyle Inflammation to open  
up room in your life to LIVE AND THRIVE!**

**Where can you free up time?**

**What do you need to say NO to so you  
can say YES to what lights you up?**

**Where are you still in a fixing energy?  
How can you bring in support?**

**Reducing Lifestyle Inflammation may require you to make some big, scary changes.**

**I've had clients who have left jobs and relationships and who have picked up their lives and moved so they could follow what feels spacious.**

**And also, REDUCE the Lifestyle  
Inflammation of the "Healing Journey".**

**You don't have to be a healing journey  
perfectionist and have healing journey  
anxiety. You can choose something else!**

Remember in the Overcoming Health Anxiety  
workshop...

**We talked about changing the energy  
with which we approach our healthcare,  
acceptance of whatever is happening,  
and cultivating self-trust.**

**And we've come full circle.**

**SYMPTOMS AREN'T THE ROOT CAUSE OF  
HEALTH ANXIETY.**

**NERVOUS SYSTEM DYSREGULATION AND  
TRIGGERS AREN'T THE CAUSE OF  
HEALING JOURNEY ANXIETY.**

**Are you hypervigilant or hypersensitive about the state of your nervous system?**

**Do you catastrophize when you've been triggered or if you've been dysregulated for a longer period of time? Does it mean you're "crashing"? Does it mean the future is probably bleak and a struggle is ahead of you?**

**Do you obsess and worry about healing your nervous system and trauma?**

**Are you trying to control and micromanage your nervous system or the amount of time it's taking?**

**Are you trying to heal perfectly?**



**WHAT WOULD IT TAKE TO LET  
ALL THAT GO AND...**

**JUST LIVE?**

# **FIXING vs. SUPPORTING**

# FIXING

- > implies something is broken
- > more is better
- > has a grabbing, urgent energy
- > Whack-A-Mole

# SUPPORTING

- > nothing is broken, just needing extra care
- > less is more
- > grounded, stabilizing energy

# CURIOSITY QUESTIONS

**Who am I if I'm not fixing/healing something?**

**Am I in an energy of fixing? How could I integrate my Fixer Kid on the bus so I can support myself in a grounded, non-urgent, accepting way?**

# CURIOSITY QUESTIONS

**If there was nothing to fix, only mindfulness about how I'm supporting myself, what would I love to do with my time, energy, and money?**

# CURIOSITY QUESTIONS

**Is there anything about an energy of fixing that feels Authentic for me?**

**What exactly am I trying to fix?**

**What could it look like to support myself through this instead of fixing?**

# **CURIOSITY QUESTIONS**

**Is the energy of fixing actually calling me to support myself?**

**Can I trust myself to support myself?**

**Where do I feel any fear or doubt or resistance in my body?**

**I asked you a question during the  
Overcoming Health Anxiety  
workshop...**

***Could you be open to the possibility  
that your relationship with your  
body could be based in pleasure —  
or at least have room for pleasure  
alongside pain?***



Focusing on pain (dysregulation, triggers, repeated patterns) IS dysregulating to your nervous system and elevates the stress hormone cortisol leading to inflammation, a weaker immune system, sleep issues, hormone imbalances, and weight gain.

Orienting to pleasure REDUCES dysregulation which REDUCES cortisol. The body can return to homeostasis.

**Remember: We have been conditioned to focus on what's bad, what's wrong, what needs to be fixed.**

**Focus on that stuff keeps us distracted from pleasure and following our desire. It also keeps us from living authentically because NO ONE'S AUTHENTIC SELF IS IN FIX-IT MODE AS AN INHERENT STATE.**

**Re-patterning happens when we change our personal relationship to pleasure.**

**Re-patterning also happens when we experience pleasure inside the container of safe, reciprocal relationships.**

**You create SAFETY and CONNECTION when you play and have fun with and do life with your people.**

- > laughter
- > making happy memories together
- > cooking + eating together
- > helping one another
- > holidays together
- > even repairing ruptures together

**JUST  
DOING  
LIFE  
TOGETHER**

# **This is how you DO LIFE WITH PEOPLE...**

- > spend time in each other's homes**
- > regular meals together (family dinner)**
- > sharing of food, tools, supplies, space-holding**
- > helping with childcare, investing in each other's kids**
- > chores together: pulling weeds, stacking firewood, re-potting plants, etc.**
- > riding along when you have the time and a friend has an appointment or errands**
- > celebrating milestones together**

**In community like this, natural opportunities will arise to build safety and intimacy. Conflict happens. Disagreement happens. Schedules don't work out. People get sick or go on vacation. You have ebbs and flows of time together.**

**Every time a rupture happens — big or small — you begin to learn that love stays.**

**This heals fear of abandonment and allows your hypervigilance, fawning behaviors, and sensitivity to go down naturally.**



**HONOR**



**MARK & ELLEN**





**JEFFREY**



DAVID

**When the energy of fixing comes in...**

**And the health/healing perfectionism is  
trying to take over...**

**And all the voices in your head are saying  
you haven't made progress, aren't healing  
fast enough, etc...**

**Remind yourself that temporary regressions are normal. You are still a human being with a brain and nervous system that is prone to getting triggered at times.**

**You are living in awareness. You are taking responsibility for yourself.**

"Those who stick with a longterm recovery process are often rewarded with emotional intelligence far beyond the norm.

This is somewhat paradoxical, as survivors of childhood trauma are initially injured more grievously in their emotional natures than those in the general population.


"The silver lining in this, however, is that many of us were forced to consciously address our suffering because our wounding was so much more severe. Those who work an effective recovery program not only recover significantly from emotional damage, but also evolve out of the emotional impoverishment of general society." Pete Walker, CPTSD, p. 80

"Perhaps the greatest reward of improved emotional intelligence is seen in a greater capacity for deeper intimacy. [...] Intimacy is greatly enhanced when 2 people dialogue about all aspects of their experience. This is especially true when they transcend taboos against full emotional communication. Feelings of love, appreciation, and gratitude are naturally enhanced when we reciprocally show our full selves — confident or afraid, loving or alienated, proud or embarrassed. What an incredible achievement it is when any 2 of us create such an authentic and supportive relationship! Many of the most intimate relationships that I have seen are between people who have done a great deal of freeing themselves from the negative legacies of their upbringings."

Pete Walker, CPTSD, p. 80-81

**EMBODYING OUR AUTHENTIC SELVES +  
CONNECTION WITH OTHERS'  
AUTHENTIC SELVES IS WHY WE FEEL  
WITHOUT FEAR.**

**THIS IS THE ENTIRE POINT.**

A dark, textured circular shape, resembling a charcoal or ink blot, is centered on a solid blue background. The text is written in white, bold, sans-serif font within this circle.

**quick break,  
then Q&A**