



# For Women Who've Been Everyone's Person:

*5 Things I Needed to Hear (And You Might Too)*

A guide for women who've spent years caring for everyone else

**Stable Support Coaching**

A few years ago, I was drowning. Not dramatically - just quietly disappearing into everyone else's needs.

I managed the household, anticipated everyone's needs, kept all the plates spinning. From the outside, it looked like I had it all together. But I didn't recognize myself anymore.

I could name everyone else's favorite meal, their schedule, what they needed before they asked. But when someone asked what I wanted? Silence.

If you're reading this, I'm guessing you know that feeling. You've been everyone's person for so long, you forgot how to be your own.

I'm Sarabeth, and I work with horses to help women remember who they are underneath all the roles they play. Horses don't care about your to-do list or how well you perform. They only respond to your authentic presence.

Here are five things I needed to hear when I was where you might be now - and what became possible when I finally listened.

## #1: You can predict everyone's needs, but you can't name your own

You know your husband takes his coffee black, your kids need their permission slips signed on Tuesdays, your mother-in-law prefers phone calls before 6pm. You've become an expert at reading the room, managing emotions, keeping everyone comfortable.

But when's the last time someone asked what *you* needed? And when's the last time you actually knew the answer?

### What this really means:

You've been trained to source your worth from how well you serve others. Your needs got buried under everyone else's - not because you're selfless, but because it felt safer to focus outward than to acknowledge your own desires.

### What horses teach:

Horses immediately sense when you're performing versus when you're present. When you approach them trying to anticipate what they want, managing their experience, they often stay distant. The moment you drop the performance and just *be*, they move closer. They're teaching you: your presence matters more than your productivity.

### One small step:

Today, notice one moment when you anticipate someone's need before they ask. Then pause. Wait. Let them ask. Practice not filling the space.

## **#2: You feel guilty when you take time for yourself**

A morning walk feels indulgent. Reading a book feels lazy. Spending money on yourself feels selfish. Meanwhile, you'll drive across town for everyone else without hesitation.

The guilt isn't proof that you're doing something wrong. It's proof of how deeply you've been conditioned to put yourself last.

### **What this really means:**

You've internalized the message that your value comes from what you do for others, not from who you are. Taking time for yourself triggers guilt because it feels like you're stealing from someone else. But here's the truth: you're not a resource to be depleted. You're a person who deserves care.

### **What horses teach:**

Horses don't judge your worthiness. They don't care if you "earned" the right to be in their presence. They meet you exactly as you are - tired, guilty, uncertain - and they wait for you to remember: you belong here just because you exist.

### **One small step:**

This week, do one thing just for you that serves no other purpose than your own enjoyment. Notice the guilt. Thank it for trying to protect you. Do the thing anyway.

### **#3: You've forgotten what you actually want**

Someone asks where you want to go for dinner and you draw a blank. You default to "wherever everyone else wants." You've been accommodating for so long, your own preferences have gone silent.

This isn't about dinner. It's about the fact that you've spent so many years prioritizing everyone else's desires that you can't hear your own voice anymore.

#### **What this really means:**

You didn't lose yourself all at once. It happened gradually - one "I don't care, you choose" at a time. One compromised boundary. One suppressed opinion. Until one day you realized: you don't know who you are when no one needs anything from you.

#### **What horses teach:**

Horses have clear preferences and boundaries. They'll walk away if something doesn't feel right. They'll stay if it does. They're not mean about it - they're just honest. They model what it looks like to know what you want and honor it without apology. When you're with them, you start remembering: you're allowed to have preferences too.

#### **One small step:**

Ask yourself one simple question today: "What do I actually want right now?" Not what you should want. Not what would make everyone else happy. What do *you* want? Start small - a cup of tea, five minutes of quiet, a walk. Practice hearing your own voice again.

## **#4: You're exhausted, but you can't stop moving**

You're running on fumes, but the to-do list never ends. You fantasize about rest but feel anxious when you actually sit down. You've been in motion for so long, stillness feels uncomfortable.

This isn't laziness you're avoiding. It's what happens when you stop long enough to feel everything you've been running from.

### **What this really means:**

Constant motion is a coping mechanism. If you're always busy, you don't have to face the grief of what you've sacrificed, the resentment that's building, the questions you're afraid to ask: Is this all there is? Am I allowed to want more?

### **What horses teach:**

Horses live in their bodies. They rest when they need to rest. They move when they need to move. They don't apologize for either. When you're with them, they invite you back into your own body - to notice your breathing, feel your feet on the ground, acknowledge your exhaustion without shame. They show you: rest isn't something you earn. It's something you need.

### **One small step:**

Set a timer for two minutes. Sit down. Do nothing. Notice what comes up - the urge to check your phone, the mental list of tasks, the discomfort of stillness. Just notice. You don't have to fix it. You're practicing being instead of doing.

## #5: You don't recognize yourself anymore

You look in the mirror and see a stranger. Not physically - though maybe that too. But the woman looking back isn't who you thought you'd be. She's capable, responsible, exhausted. She's everyone's anchor. But where did *you* go?

The you who had dreams. The you who laughed easily. The you who knew what lit you up and went after it.

### What this really means:

You didn't fail. You did exactly what you were taught to do - you made yourself smaller so everyone else could be comfortable. You learned to read the room, manage emotions, keep the peace. And in doing so, you disappeared.

### What horses teach:

Horses see you. Not the role you play or the mask you wear. They see the real you - the one you've been hiding, the one you're afraid isn't enough. And they move toward *her*. Not the capable one. Not the one who has it together. The authentic one. The tired one. The one who forgot what she wanted. That's who they're waiting to meet.

### One small step:

Ask yourself: Who was I before I learned to make everyone else comfortable? What did I love? What made me laugh? You don't have to become her again - she's still in there. But acknowledging her is the first step to remembering.

## What's Possible on the Other Side

These five signs aren't failures. They're invitations.

An invitation to stop performing and start being present.

An invitation to release guilt and reclaim your worth.

An invitation to hear your own voice again.

An invitation to rest without earning it.

An invitation to remember who you are.

At Stable Support Coaching, I partner with horses to guide women through this remembering. Not because horses fix you - you're not broken. But because horses create a space where you can finally drop the performance and meet yourself again.

In the presence of horses, something shifts. The constant doing gives way to being. The guilt softens. Your own voice gets louder. You start to remember: you're allowed to take up space. You're allowed to have needs. You're allowed to choose yourself.

## Ready to take the next step?

I'm hosting an inaugural retreat January 2026: "Out with the Old, In with the New" - a transformational weekend for six women ready to release who they've been and step into who they're becoming.

I also offer one-on-one coaching sessions at my historic barn in Hillsborough, North Carolina.

## Join Our Weekly Group

I'm also forming a weekly group that meets in my barn with the horses - same time, same place, every week. This is where we build what's missing at Maslow's third level: true connection, belonging, and significance.

There's something powerful about that consistency. You'll know exactly when and where to show up, creating a rhythm you can count on while leaving plenty of room for the unexpected moments that happen when people and horses come together authentically.

This is a warm, safe space where you're free to show up exactly as you are - tired, uncertain, searching. Where you can explore your authentic nature without performing. This is self-care



for your soul, not just your schedule.

Spaces are limited to keep our circle intimate. If you're interested in learning more about the weekly group, reach out directly.

Visit [stablesupportcoaching.com](https://stablesupportcoaching.com) to learn more or email me at [sarabeth@stablesupportcoaching.com](mailto:sarabeth@stablesupportcoaching.com).

You don't have to keep disappearing. The horses are waiting to meet the real you.

—Sarabeth  
Stable Support Coaching