

WHEN A FERN MISTAKES CACTUS FOR HOME



A guide for Ferns who have spent years
choosing Cactus people, places and ways of
life.



The Cactuses You Chase

Do you recognise yourself in these patterns - trying to live a life that doesn't naturally suit you?

☐ You're drawn to strong, confident, independent people who seem to handle life well.

☐ **You choose friends or partners who seem tougher, more outgoing or more resilient.**

☐ You always seem to be attracted to people who are emotionally hard to reach and not always able to give back the same level of connection and care that you give.

☐ **You keep waiting for others to soften, open up and become more emotionally available - believing that if you do enough, they will eventually transform.**

☐ You admire people who can push through, keep going and never seem to need much.

☐ **You find yourself wanting what they have - their confidence, freedom, strength or ability to cope.**

☐ You have chosen careers or environments that are fast-paced, demanding, competitive or high-pressure.

☐ **You have chosen environments that are functional, busy, industrial, masculine or achievement-focused.**

☐ You are attracted to lifestyles that look exciting, successful, adventurous or impressive from the outside.

☐ **You keep chasing the next achievement, opportunity, relationship, goal, house, job or experience because you believe *this one* might finally make you feel fulfilled.**



Trying to Become a Cactus

In your quest to fit in and adapt to this world:

☐ You try to become tougher, stronger, less sensitive or more independent.

☐ **You push yourself to keep up with people whose capacity or personality is very different from yours.**

☐ You tell yourself to stop being so sensitive and just get on with it.

☐ **You ignore your need for rest, quiet, softness and recovery.**

☐ You force yourself into busy or unnatural environments because you think you *should* be able to cope like other people can.

☐ **You adapt yourself to other people's lifestyles or wants, instead of asking whether they suit you.**

☐ You feel guilty for wanting a slower, quieter or simpler life.

☐ **You compare yourself with people who seem to thrive in conditions that leave you depleted.**

☐ You believe success means being able to withstand more.



The Cactus Lifestyle

As a Fern living a Cactus life:

☐ You live at a pace that constantly keeps you switched on.

☐ **Your calendar, home, work or social life leaves little room to slow down.**

☐ You spend more time pushing than pausing.

☐ **You surround yourself with stimulation rather than restoration.**

☐ You prioritise productivity, achievement, planning and independence over connection, rest and wellbeing.

☐ **You keep moving because stopping might mean having to feel what's underneath.**

☐ You may use work, food, alcohol, scrolling, shopping, exercise or other distractions to keep yourself going or to numb yourself.

☐ **You have built a life that looks successful or right on paper but doesn't actually feel good to live in.**

The Realisation

Perhaps the problem isn't that you haven't tried hard enough. Perhaps you've been trying too hard to make a Cactus life work for a Fern.

You keep chasing the people, places, relationships, jobs and lifestyles that seem to represent strength, success, freedom and belonging - without realising that what looks good to a Cactus may slowly deplete a Fern.

And you may not even realise you're doing it.

You may have spent so long adapting that you genuinely believe this is just who you are.

But what if you stopped asking: *"How can I become more like them?"*

And started asking: *"What actually allows me to flourish?"*

A Cactus Is Not Your Home

A Cactus is not your safe place.

You may have spent years trying to find safety, belonging and protection there - but this is not where you were designed to grow.

This is also a reason why Ferns end up feeling burned in love. They've been looking for love in all the wrong places.

They have been choosing people who felt familiar, exciting or safe at first, but who were never truly able to give their Fern what it needed to thrive.

Instead, the conditions were too harsh, and there was nowhere to truly rest, soften and feel safe.

Your Forest is different. 🌿 It is where you can soften, breathe, rest, connect and be fully yourself.

This is where your true, restful home begins.

Welcome home.

Tammy x

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