



THE MOMENT I OVERRIDE MYSELF

Noticing the small moments where I disconnect from my own feelings, needs, or instincts

Sometimes overriding ourselves does not look dramatic.

It can happen quietly in everyday moments where something feels uncomfortable, confusing, or “off”... but we quickly dismiss it, explain it away, or focus more on someone else’s perspective than our own.

This worksheet is not about judging yourself.
It is about gently noticing patterns and rebuilding trust in your own internal responses.

Think of a recent situation where:

- You agreed to something you were unsure about
- You ignored a feeling of discomfort
- You minimised your reaction
- You prioritised keeping the peace over being honest
- You left an interaction feeling confused, guilty, drained, or disconnected from yourself

What Happened?

Briefly describe the situation:

What Did I Notice First?

Before you explained it away, what was your initial reaction?

- Tight chest
- Feeling uncomfortable
- Anxiety or dread
- Confusion
- Feeling pressured
- Wanting to say no
- Feeling guilty
- Feeling small or shut down
- Irritation or resentment
- Feeling responsible for someone else’s emotions
- Other:





What Did I Tell Myself Instead?

What thoughts helped you override your own reaction?

- "I'm probably overreacting."
- "It's not a big deal."
- "I don't want to upset them."
- "Maybe I'm being too sensitive."
- "It's easier to just go along with it."
- "I should be more understanding."
- "Maybe I'm the problem."
- Other:

If I Had Fully Trusted My Reaction...

What might I have said, done, or acknowledged?

What Was I Needing In That Moment?

- Reassurance
- Space
- Honesty
- Validation
- A boundary
- Time to think
- Emotional safety
- Support
- Permission to say no
- Other:





Pause & Reflect

Complete the sentences:

One thing that felt uncomfortable was...

One thing I dismissed too quickly was...

What I wish I had listened to was...

Rebuilding Self-Trust

Rebuilding trust in yourself rarely happens all at once.

It often begins with very small moments of noticing:

- pausing before automatically agreeing
- allowing discomfort to exist without dismissing it
- staying curious about your reactions
- recognising that your feelings do not need to be “proven” to matter

The goal is not perfection or certainty.

It is learning to stay connected to yourself a little more each time.

