THE BURNT-OUT BITCH WORKBOOK

GWEN TAYLOR

INTRODUCTION

WELCOME

You made it here — and that's not small.

If you're holding this workbook, you've already done the hardest part: admitting you're tired of living like a machine.

This isn't another "find your sparkle" kind of workbook.

It's not about color-coding your healing or turning recovery into another checklist.

It's about slowing down long enough to actually hear yourself again.

This companion is built to walk beside you — through the honesty, the unraveling, the uncomfortable parts of letting go. It's here to help you stop performing "fine" and start practicing real.

HOW TO USE THIS WORKBOOK

There's no right way to do this.

Some days you'll write paragraphs. Other days, you'll stare at the page and feel nothing. Both count.

Each chapter follows the same flow:

1. Grounding Quote – a truth to hold onto.
2. Reality Check – what's really going on beneath the surface.
3. Reflection Prompts – questions to help you get honest.

4. Practical Challenge – one small, real-world shift to try.
5. Check-In Box – a space to track how it feels, not how it looks.
6. Closing Reminder – something true to end on, even when it's hard.

You don't need to finish this in order. You don't even need to finish it at all.

You just need to show up honestly. That's where the healing happens.

WHAT TO EXPECT

- Some pages will sting.
- Some will feel like exhaling for the first time.
- Some will make you realize how long you've been surviving instead of living.

You'll meet every version of yourself here — the one who tried too hard, cared too much, and kept everyone else afloat while quietly falling apart.

But you'll also meet the part of you that's still standing.

Still hopeful. Still ready to build something that fits.

FINAL NOTE

You don't need to be the best at healing.

You just need to keep choosing yourself — in small, quiet ways that no one claps for.

Take your time.

Tell the truth.

And let this be the first thing you don't overthink.

You've done enough performing.

Now it's time to live your way back to yourself.

1

WHY CONTROL FEELS SAFER (BUT ISN'T)

GROUNDING QUOTE

"Control isn't confidence. It's panic in disguise."

REALITY CHECK

You tell yourself you're just "organized," but really you're terrified.

If you don't manage every detail, everything might collapse — or worse, someone might see that you're not fine.

You've turned control into a religion.

You plan, fix, anticipate, over-function. You call it "responsibility," but it's survival.

Control gives the illusion of safety — until it starts strangling you.

You're not calm when things are handled; you're braced for what's next.

Your nervous system doesn't know the difference between preparation and panic anymore.

This chapter isn't asking you to "let go."

It's daring you to admit that the way you cope is costing you peace.

REFLECTION PROMPTS

1. When did control first start feeling safer than trust?
2. What's the worst thing you think could happen if you stopped holding it all together?
3. How do you disguise anxiety as "being productive"?
4. Who benefits from your control — and who gets suffocated by it?
5. What would one day of *not managing everything* actually look like?

PRACTICAL CHALLENGE

This week, before you jump in to fix something, pause for five seconds.

Ask yourself:

"Is this mine to control, or am I just uncomfortable?"

If it's discomfort — breathe through it.

If it's truly yours — handle it without martyring yourself.

Start noticing how many fires you've been running toward that weren't even yours to put out.

CHECK-IN BOX

- What happened when I stopped controlling for five seconds?
- What emotion showed up underneath the urge?
- Did the world actually fall apart, or did I finally feel what I've been avoiding?

CLOSING REMINDER

You don't need to hold it all together to be worthy of calm.

The people who love you don't need your perfection — they need your presence.

And you deserve to live a life that doesn't feel like a crisis you have to manage.

2

TOOLS FOR CALMING THE CHAOS

GROUNDING QUOTE

"Peace doesn't come from fixing everything — it comes from finally stopping."

REALITY CHECK

YOU KEEP SAYING you'll slow down when things settle, but things *never* settle.

There's always one more fire, one more email, one more person who needs you.

You've built your life around chaos management — and somewhere along the line, your brain started confusing calm with boredom.

That's the lie burnout whispers:

"If you stop moving, everything will fall apart."

But it's not true. If you stop moving, *you'll start feeling.*

And that's the part that scares you more than exhaustion ever did.

You don't need a new productivity hack — you need nervous system triage.

This chapter is about finding small ways to regulate before you spiral.

Not fixing the storm — learning how to breathe in it.

REFLECTION PROMPTS

1. What does chaos look like in your daily life — noise, multitasking, emotional clutter, or all of the above?

2. What physical signals tell you your nervous system is in overdrive? (jaw clenching, shallow breathing, racing thoughts, etc.)

3. When was the last time you felt actual peace — not distraction, not numbness — but genuine calm?

4. What would it look like to create *micro moments of quiet* throughout your day?

5. What does "rest" mean to you — and when did it start feeling unsafe?

PRACTICAL CHALLENGE

When you feel yourself slipping into chaos, stop for 90 seconds.

Do nothing heroic — just breathe.

Step away from your phone, close your eyes, unclench your jaw, and drop your shoulders.

It's awkward at first. Your brain will scream, *"This isn't helping!"*

Stay anyway.

Your body is begging for regulation, not productivity.

If you can give it one minute of silence without scrolling, fixing, or pretending — that's where real peace starts.

CHECK-IN BOX

- What emotion showed up when I tried to rest?
- What did my body feel like before and after the reset?
- Did I notice the urge to fill silence with something — and why?

CLOSING REMINDER

You don't have to earn rest by burning out first.

Calm isn't a reward — it's a right.

And peace isn't something you chase.

It's something you remember how to allow.

3
MENTAL HEALTH ISN'T A LUXURY

GROUNDING QUOTE

"Taking care of your mind isn't selfish — it's survival."

REALITY CHECK

You've been taught to push through everything.

Headache? Keep working.

Panic attack? Smile through it.

Exhausted? Coffee and compliance.

You treat your body like an inconvenience and your mind like an optional add-on.

Because somewhere, you learned that *being strong* means being numb.

You've probably said, "I don't have time for therapy" or "other people have it worse."

But the truth? You can't pour from an empty soul.

Mental health isn't a reward for when you finally finish your to-do list.

It's the thing that keeps you alive long enough to realize the list never mattered that much.

You don't need to be in crisis to deserve support.

You just have to stop pretending you're fine when you're clearly not.

REFLECTION PROMPTS

1. What messages did you grow up hearing about mental health or asking for help?
2. How do you usually cope when your brain starts to spiral — fix, avoid, overwork, or shut down?
3. What are the signs you're *not okay* that you tend to ignore until it's too late?
4. What kind of help feels safest to you right now — talking, rest, movement, silence, medication, therapy, something else?
5. If taking care of your mind wasn't "extra," what would that look like in your daily life?

PRACTICAL CHALLENGE — THE PERMISSION SLIP

This week, write yourself a permission slip.

Literally.

On paper.

It might say:

"I'm allowed to rest even when things aren't perfect."

"I don't have to be falling apart to deserve help."

"I can take care of my mind without guilt."

Put it somewhere you'll see when you start to spiral.

And when the guilt kicks in — read it again until your nervous system catches up to the truth.

CHECK-IN BOX

- What emotions came up when I gave myself permission to rest?
- What kind of support have I been avoiding because of guilt or pride?
- What's one thing I can do this week to protect my peace, not my productivity?

CLOSING REMINDER

Your mental health isn't a luxury for when life slows down.

It's the foundation that lets you survive when it doesn't.

You don't need to earn therapy, rest, or peace.

You just need to believe that being human is enough reason to take care of yourself.

4

UNPACKING THE STUFF BENEATH THE SURFACE

GROUNDING QUOTE

"You can't heal what you keep pretending doesn't hurt."

REALITY CHECK

YOU'VE BEEN SURVIVING on top of buried emotions for years.

Smiling through rage. Working through grief. Laughing off resentment.

You call it "being strong," but it's really just emotional avoidance with better branding.

You keep shoving your feelings down because if you slow down long enough to feel them, they might swallow you whole.

But here's the truth: the pain you avoid doesn't disappear — it festers.

And the longer you keep it buried, the more it leaks into your relationships, your body, your energy, your self-worth.

You can't out-organize emotions.

You can't schedule healing into 15-minute time blocks.

At some point, you have to stop managing and start feeling.

This chapter isn't about wallowing — it's about finally making space for what's real so it stops running your life from the background.

REFLECTION PROMPTS

1. What emotions do you tend to suppress the most — anger, sadness, shame, guilt, fear?
2. Where in your body do those feelings usually show up (tight chest, stomach knots, headaches, exhaustion)?
3. What situations or people trigger emotional reactions you don't understand yet?
4. When did you first learn that expressing emotions was "too much"?
5. What would it look like to let yourself feel something fully, without apologizing for it?

PRACTICAL CHALLENGE

Once this week, set a timer for ten minutes.

Grab a notebook, and write whatever comes up — no editing, no censoring, no trying to sound wise.

Don't make it pretty. Make it *true*.

If you cry, good. If you rage, even better. If you sit in silence for ten minutes, that's okay too.

Your only job is to stop filtering your feelings into something digestible for everyone else.

CHECK-IN BOX

- What emotions surfaced when I stopped suppressing?
- What did I discover beneath the anger, the exhaustion, or the numbness?
- Did allowing myself to feel bring clarity, release, or discomfort — or all three?

CLOSING REMINDER

You don't need to be calm to be healing.

You don't need to be graceful to be growing.

You just need to stop pretending you're fine.

Feeling your feelings isn't weakness — it's self-respect.

5

FIXING YOUR RELATIONSHIPS WITHOUT FIXING EVERYONE

GROUNDING QUOTE

"You can love people deeply without abandoning yourself to keep them comfortable."

REALITY CHECK

You've spent so much of your life being the emotional glue that no one noticed you were breaking.

You're the peacemaker, the fixer, the one who keeps the family from falling apart — even if it means falling apart yourself.

You say yes when you mean no.

You absorb tension like it's your job.

And then you lie awake wondering why you're resentful of the people you love most.

You've been taught that love means sacrifice — but sacrifice isn't connection.

It's self-erasure dressed up as loyalty.

You can't keep rescuing people from their own discomfort and calling it compassion.

You don't owe anyone your exhaustion.

This chapter is about learning the difference between *supporting someone* and *saving them*.

You can't fix everyone without eventually breaking yourself.

REFLECTION PROMPTS

1. Who do you feel responsible for emotionally — and why?
2. What do you get out of being "the fixer"? Validation? Control? A sense of worth?
3. When someone you love is upset, what happens in your body before you even speak?
4. What would it mean to let someone you care about struggle without rushing in to fix it?
5. How would your relationships change if you stopped taking ownership of everyone's happiness?

PRACTICAL CHALLENGE

This week, when someone you care about is upset or struggling, try not to fix it.

Don't overexplain. Don't offer solutions. Don't absorb their discomfort.

Instead, try saying:

"That sounds really hard."

"I'm here for you."

"I trust you'll figure this out."

Notice how quickly guilt creeps in — that itchy urge to *do* something.

That's not love; that's conditioning.

Breathe through it.

Your job is to show up — not to disappear in the process.

CHECK-IN BOX

- What situations triggered my guilt when I didn't rush to fix things?
- How did it feel to hold space without controlling the outcome?
- What kind of peace did I feel when I stopped carrying everyone else's emotions?

CLOSING REMINDER

You are not the emotional janitor of your relationships.

It's not your job to clean up everyone else's mess just because you can.

Real love doesn't require self-abandonment.

It asks for truth — and sometimes that means stepping back, not stepping in.

6

TRYING TO DO IT ALL? LET'S RETHINK THAT

GROUNDING QUOTE

"You're not tired because you're weak. You're tired because you're doing the work of three people and calling it normal."

REALITY CHECK

You keep pretending you can do it all — like you're some kind of emotional octopus juggling schedules, expectations, and invisible labor.

But "doing it all" is a lie you were sold to keep you too busy to question it.

You think you're holding it together, but really, you're just holding your breath.

You're not superhuman — you're just exhausted, anxious, and addicted to being needed.

Because if you stop doing, who are you?

You've equated your worth with your usefulness.

You keep chasing gold stars no one's even giving out anymore.

And even when you check every box, you still feel behind.

This chapter isn't about time management — it's about truth management.

Because the real reason you can't stop is that somewhere deep down, you still believe rest has to be earned.

REFLECTION PROMPTS

1. What are you trying to prove by "doing it all"? To whom?
2. How do you define success — and who taught you that definition?
3. What do you fear people will think if you slow down or say no?
4. What parts of your identity are tied to being the one who always handles everything?
5. What's one thing you could drop — without the world actually ending?

PRACTICAL CHALLENGE

Pick one responsibility, task, or expectation this week and drop it.

Not reschedule it. Not delegate it. Drop it.

Don't fill the space it leaves behind with guilt or busywork.

Just sit with it.

Let the silence freak you out.

Because here's the thing — no one's giving out awards for exhaustion.

You've been chasing applause in a race no one else is running.

Rest isn't laziness. It's rebellion.

CHECK-IN BOX

- What did I choose to drop this week?
- How did it feel — freeing, uncomfortable, terrifying?
- Did anything actually fall apart, or did I just feel less in control?

CLOSING REMINDER

You're not failing for needing rest.

You're failing when you keep calling burnout "ambition."

You don't owe anyone proof of your strength.

You owe yourself peace — and that starts when you stop confusing exhaustion with purpose.

7

TECH OVERLOAD AND THE NEED TO UNPLUG

GROUNDING QUOTE

"You're not tired of life — you're tired of never having a quiet moment inside your own head."

REALITY CHECK

YOU DON'T SCROLL because you're lazy.

You scroll because you're desperate for a break that doesn't ask anything from you.

Your phone has become your escape hatch, your distraction, your therapist, and your reward system — all at once.

But the more plugged in you are, the less connected you actually feel.

You can't hear your intuition over the constant noise.

You can't feel your emotions because you're always half somewhere else.

You call it "staying informed," but really, it's a socially acceptable way to avoid silence.

Your nervous system is fried.

Your focus is fractured.

And still, you reach for your phone like it's oxygen.

This isn't about deleting every app or moving to the woods.

It's about reclaiming your attention — the most expensive thing you've been giving away for free.

REFLECTION PROMPTS

1. What emotions or situations make you reach for your phone the most?
2. How do you feel after scrolling — better, worse, numb, overstimulated?
3. What does your brain think it's getting when you pick up your phone (comfort, validation, distraction)?
4. When was the last time you experienced stillness — no notifications, no background noise, just quiet?
5. What would happen if you went one hour a day without your phone — and what scares you about that idea?

PRACTICAL CHALLENGE

Pick one hour this week and go completely offline.

No phone, no TV, no music, no noise.

At first, you'll twitch. You'll invent excuses. You'll feel like you're missing something.

You're not. You're detoxing.

Let your brain recalibrate. Let boredom happen.

Let silence feel uncomfortable — and then let it start to feel sacred.

You can't recharge in a world that never shuts up.

CHECK-IN BOX

- How did my body react when I disconnected?
- What emotions came up in the silence — anxiety, calm, grief, relief?
- What did I learn about what I've been trying to avoid by staying busy?

CLOSING REMINDER

Peace doesn't always come with ocean sounds and deep breaths.

Sometimes it's just deleting the noise, closing the apps, and letting yourself exist without performing.

You don't have to disappear — you just need to disconnect long enough to come back to yourself.

8

RAISING KIDS WITHOUT LOSING YOURSELF

GROUNDING QUOTE

"You're not a bad mom for missing who you were before everyone needed something from you."

REALITY CHECK

YOU LOVE YOUR KIDS — that's never been the problem.

The problem is that somewhere along the way, you turned into everyone's everything.

You used to have interests, opinions, maybe even silence.

Now you have snacks, guilt, and a running mental list of a hundred tiny things no one else remembers but you.

You can't pee alone. You can't think straight. You can't even rest without your brain whispering, *"You should be doing something."*

You've been conditioned to believe that motherhood means martyrdom — that good moms are tired, selfless, and endlessly available.

But being consumed by your role doesn't make you a better parent.

It just makes you burnt out and bitter in a house full of people you adore.

You don't owe your kids a perfect mother.

You owe them a human one — messy, flawed, alive, and honest.

REFLECTION PROMPTS

1. When did you first start believing that being a good parent meant having no needs of your own?
2. What parts of yourself have gone quiet since becoming a mom?
3. How do you talk to yourself when you do something for *you* instead of them?
4. What message do you want your kids to learn from how you treat yourself?
5. What does "motherhood" look like if it includes you, too?

PRACTICAL CHALLENGE

This week, take ten minutes for yourself.

Not multitasking. Not catching up on chores. Not "productive self-care."

Just something that's yours.

Sit in silence. Drink your coffee while it's hot. Listen to a song you love. Stare at the wall if you need to.

You'll feel guilty — that's how you know you're doing it right.

That guilt isn't truth. It's just proof of how much you've been taught to disappear.

Keep showing up for yourself until it stops feeling selfish.

CHECK-IN BOX

- What did I choose to do for myself this week?
- What thoughts or guilt surfaced when I tried to rest?
- How did my mood, patience, or energy shift after giving myself even a few minutes?

CLOSING REMINDER

You can love your family and still need space.

You can be grateful and still be exhausted.

You can be nurturing and still crave quiet.

You're not losing yourself to motherhood — you're allowed to take yourself back.

9

TIRED OF PLAYING A ROLE THAT WASN'T YOURS?

GROUNDING QUOTE

"You became who you needed to be to survive. Now it's time to remember who you actually are."

REALITY CHECK

YOU'VE SPENT years performing a version of yourself that everyone else found easier to love.

The reliable one. The strong one. The calm one. The one who doesn't need help, doesn't make waves, doesn't fall apart.

It worked — for them.

But it left you hollow.

You wake up tired from pretending.

You smile through resentment.

You apologize for existing in ways that feel too loud, too emotional, too much.

You keep wondering why you feel invisible, but how could anyone see you when you've been hiding behind a role that isn't yours?

This chapter isn't about reinventing yourself.

It's about taking off the mask long enough to see who's underneath — the messy, real, alive version that doesn't need to earn love by shrinking.

REFLECTION PROMPTS

1. What role have you been playing in your life — caretaker, perfectionist, people-pleaser, peacekeeper?

2. Who taught you that being "too much" was dangerous?

3. What do you lose every time you choose to perform instead of being honest?

4. How would it feel to stop managing other people's comfort and start honoring your own?

5. What parts of you are ready to be seen again — even if it makes people uncomfortable?

PRACTICAL CHALLENGE — THE MASK DROP

This week, choose one situation where you usually perform — and don't.

Say what you actually think.

Admit you're tired.

Let silence exist instead of smoothing it over.

It'll feel foreign. You'll want to backpedal. Don't.

Authenticity feels dangerous at first because you've spent your whole life being rewarded for pretending.

But every time you tell the truth, you take a piece of yourself back.

CHECK-IN BOX

- What situation triggered my old role this week?
- How did it feel to act differently, even slightly?
- What happened when I stopped performing — did I lose connection, or did I finally feel seen?

CLOSING REMINDER

You're allowed to stop performing strength.

You're allowed to stop being the version of yourself that keeps everyone comfortable.

You don't have to earn love by disappearing.

The people who truly love you won't need you to edit yourself to be lovable.

Take up space.

You were never too much — you were just surrounded by people who asked you to be less.

10

YOU DESERVE SUPPORT (NOT JUST TO BE STRONG)

GROUNDING QUOTE

"You were never meant to hold it all alone just to prove you can."

REALITY CHECK

YOU'VE BUILT your entire identity on being the strong one.

You're the rock. The helper. The one everyone leans on — and the one no one ever checks on.

You tell people you're fine because it's easier than explaining you're not.

You smile while quietly falling apart because breaking down feels like failing.

But here's the truth: strength isn't holding it together.

It's knowing when you can't anymore.

Somewhere along the way, you started believing that asking for help makes you weak — but burnout doesn't happen because you're fragile.

It happens because you've been carrying everyone else for so long, you forgot you have a body too.

This chapter isn't about learning to "let go" — it's about remembering you were never meant to hold everything in the first place.

REFLECTION PROMPTS

1. When did you first learn that being "strong" meant doing everything alone?
2. How do you usually respond when someone offers to help — deflect, minimize, reject? Why?
3. What would it look like to receive help without apologizing or explaining?
4. Who in your life could support you right now if you actually let them?
5. What small act of letting go would feel like relief, not failure?

PRACTICAL CHALLENGE

This week, ask for something — and don't overexplain it.

Ask a friend to pick something up.

Ask your partner to handle dinner.

Ask your coworker to cover for you.

Ask for rest.

The point isn't whether they say yes — it's that you stop pretending you're self-sufficient to earn respect.

You don't need to carry it all to prove your worth.

You deserve support just for existing.

CHECK-IN BOX

- What did I ask for help with this week?
- What emotions came up when I allowed someone to support me?
- How did it feel to not be the one holding it all?

CLOSING REMINDER

Being strong isn't about never needing anyone.

It's about knowing when you can't keep going alone — and letting that be okay.

You don't have to earn help.

You don't have to perform independence to be loved.

You just have to believe that you are worth being cared for, too.

II

GETTING COMFORTABLE WITH CHANGE (EVEN WHEN IT SUCKS)

GROUNDING QUOTE

"You can't heal and stay the same person — something has to give, and it's not always comfortable."

REALITY CHECK

Change sounds nice until it starts actually happening.

Everyone loves the idea of transformation — no one loves the part where it feels like everything is falling apart.

You tell yourself you're fine with change, but deep down, you crave control.

Because control feels safe. Predictable. Clean.

And change is none of those things.

But here's the truth you don't want to hear:

If you're waiting until it doesn't hurt to let go, you'll be waiting forever.

Growth feels like grief because it is grief.

You're shedding versions of yourself that once protected you — the hustler, the fixer, the perfectionist, the peacemaker.

You built them to survive.

Now you're outgrowing them, and that feels like betrayal.

But it's not. It's becoming.

This chapter isn't about pretending change feels good — it's about learning how to stay grounded while your old life burns down.

REFLECTION PROMPTS

1. What changes in your life are you currently resisting — and why?
2. What part of you feels threatened by the idea of letting go?
3. How do you usually react when life forces you to adapt — panic, freeze, over-control, avoid?
4. What would it look like to trust that the unknown might actually hold something better?
5. What part of your old self are you still trying to drag into your next chapter?

PRACTICAL CHALLENGE — THE MINI SURRENDER

This week, surrender something small.

It could be control over plans, over outcomes, over someone else's reaction.

When the urge to micromanage hits, say out loud:

"I don't have to control this to be safe."

Notice what happens next — the panic, the silence, the relief.

That's your nervous system learning a new language.

Surrender isn't weakness — it's nervous system rehab.

CHECK-IN BOX

- What did I try to control this week — and what happened when I didn't?
- How did my body react when I practiced letting go?
- Did I notice any moments where uncertainty felt less threatening than before?

CLOSING REMINDER

Change isn't supposed to feel peaceful.

It's supposed to stretch you.

Every version of you that outgrew survival mode went through chaos to get there.

You're not falling apart — you're being rebuilt.

The discomfort you're feeling is proof you're no longer living on autopilot.

Keep going.

12

WHAT NOW? BUILDING A LIFE THAT ACTUALLY FITS

GROUNDING QUOTE

"You don't have to rebuild your old life — you get to build one that finally feels like yours."

REALITY CHECK

YOU'VE SPENT years trying to hold everything together.

The job. The kids. The relationship. The image. The illusion.

Now you're standing in the quiet aftermath of burnout, and you're asking the only question that matters:

What now?

The truth is, you don't need to "bounce back."

There's nothing back there worth returning to.

You're not meant to rebuild the version of yourself who survived by shrinking.

You're meant to create something softer, truer, and slower — even if you have no idea what that looks like yet.

This isn't about having a five-year plan or manifesting perfection.

It's about learning what feels right for *you* again — without guilt, without performance, without trying to be who everyone else expects.

The burnout didn't destroy you.

It stripped away everything that wasn't real.

Now, you get to decide what stays.

REFLECTION PROMPTS

1. What parts of your old life or identity do you no longer want to carry forward?
2. What does peace actually look like — not what you've been told it should be, but what it feels like for you?
3. What boundaries do you need to keep your energy from bleeding out again?
4. What are three small things that make you feel alive — and how can you make space for them daily?
5. What would it mean to live a life that fits *you* instead of the version you thought you had to be?

PRACTICAL CHALLENGE

Grab a piece of paper and divide it into two columns:

Keep | Release

Go through every part of your daily life — work, relationships, routines, commitments, even thoughts — and ask:

"Does this drain me or feed me?"

Be ruthless.

You've already done the hard part — breaking down.

Now comes the honest part — rebuilding intentionally.

Every 'no' you give creates space for something real.

CHECK-IN BOX

- What did I realize I've been holding onto out of fear or habit?
- What would a peaceful day actually look like for me?

- How can I make small choices that align with that version of life?

CLOSING REMINDER

You don't have to fix yourself — you were never broken.

You were just buried under everyone else's expectations.

This is your invitation to start living in a way that doesn't require constant recovery.

To stop apologizing for wanting ease.

To build a life that fits your nervous system, not your résumé.

You've already done the hard part.

Now, go make it yours.