

# BREAK FREE FROM SURVIVAL MODE

*A Self-Guided  
Workbook to Help  
You Rewire Your  
Anxious Mind*

# Welcome!

I wrote this guide because I know what it's like to live in constant fight-or-flight: exhausted, anxious, and disconnected from yourself. This isn't just a motivational pep talk. It's a tool I used to completely shift my inner world, and now I'm handing it to you.

You don't have to do everything perfectly. You don't have to fix everything overnight. You just have to begin, brave enough to look at what's not working, and loving enough to choose something new.

This workbook is here to help you do that.

Don't rush, don't overthink. Just move through it at your own pace, one moment of clarity at a time

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# What Survival Mode Looked Like For Me

When I was stuck in survival mode, it looked like this:

- Overthinking everything
- Reacting from past pain or future fear
- People-pleasing and self-abandoning
- Constant internal pressure to “fix” myself
- Believing I would always feel anxious, broken, or not enough

I wasn't living; I was constantly bracing for impact.

## YOUR TURN:

What does survival mode look like for you right now?

What's your body or mind constantly fighting?

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# The Wake-Up Call

One day, I realized something that hit me hard:

My thoughts weren't even mine.

They were a mix of childhood programming, trauma responses, and unconscious beliefs I never questioned, and they were running the show.

That moment didn't solve everything, but it opened the door. I stopped asking why I was so broken and started asking:

What if I've just been conditioned to survive, not to thrive?

# Try this exercise:

Write down 3 beliefs you carry  
about yourself or your life.

Ask:

- Who taught me this?
- Is it still true?
- Do I want to keep believing

it?



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# Who I Decided to Become

I knew who I didn't want to be anymore, so I asked: If not this, then who?

Here's what I came up with:

## I'm done with...

People pleasing

Overthinking

Panic patterns

Chronic guilt

## I'm becoming...

Self honoring

Present and grounded

Nervous system safe

Self trusting and free

# Your Turn:

Create your own “I’m done with / I’m becoming” chart below.



**I am done with....**

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**I am becoming...**

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# Creating Your Anchor

When I was rebuilding myself, I didn't need a complicated plan.

I needed something I could repeat when I felt myself spiraling.

A simple mantra, a lifeline.  
Something to bring me back home.

Mine was:

**I am happy. I am healthy. I am wealthy.**

I didn't feel it at first, but I said it anyway until I started to believe it.





# Craft Your Own Anchor:

Choose 2–3 words or phrases that feel like safety, wholeness, or calm.

Examples:

- I am grounded.
- I am safe in my body.
- I am free.
- I am held.
- I am already enough.

Your mantra:

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# Rewiring in Real Time

The biggest shift didn't come from thinking about healing, it came from how I handled the spiral in real time.



## TRY THIS PRACTICE:

Next time you catch yourself spiraling:

1. Pause and take one slow breath
2. Say your mantra out loud
3. Ask: What triggered this? What do I need right now?

# Journal Prompt:



Think of a recent moment when your mind spiraled.

- What triggered it?
- How did you react?
- What could you try differently next time?

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# A Final Note from Me

Healing isn't a straight line. You're not behind, you're not broken, and you don't need to "fix yourself" to be worthy of peace.

You are already more than enough. You are not meant to live in a constant state of panic and pressure.

You're meant to feel free in your own body, safe in your own mind, and empowered in your own life.

Keep choosing yourself, again and again.

That's how you rewire everything.

With you,  
Aubrey  
Evolve & Embody

*Thank-you!*



