

Baseline Workbook

Foundations of Emotional Identity

UNAPOLOGETICALLY REBORN
Alicia Lynch & Cody Fulin

WHY BASELINE MATTERS

For years, many of us believed our daily emotional tone was personality. The tension. The urgency. The control. The preparedness. We didn't know it had a name. Baseline is not identity. It is repetition.

This workbook exists to separate adaptation from authenticity.
— Alicia Lynch & Cody Fulin

WHAT IS BASELINE?

Baseline is the emotional and physiological state your nervous system returns to when there is no immediate threat.

It is shaped by:

- Repetition
- Emotional climate
- Developmental stress
- Chronic activation

Chronic stress recalibrates the autonomic nervous system. Over time, activation becomes default.

Nothing Is “Wrong.”

If your baseline feels tense, alert, or responsible — it likely formed for a reason.

Reflection:

When calm appears, my body _____

Stillness feels

Silence feels

Familiar does not mean healthy. It means repeated.

Baseline Mapping

Circle the most familiar state:

- ☐ Alert
- ☐ Responsible
- ☐ Anxious
- ☐ Hyper-productive
- ☐ Controlled
- ☐ Numb
- ☐ Disconnected

I feel most safe when I am _____

I feel unsettled when _____

Who Did You Become?

Many of us adopted roles.

- ☐ The Achiever
- ☐ The Strong One
- ☐ The Caretaker
- ☐ The Independent One
- ☐ The Invisible One

What did that role protect you from?_____

Acute vs Chronic Baseline

Acute Stress:

Temporary. Resolves.

Chronic Stress:

Adaptation state.

Developmental Stress:

Shapes identity formation.

Reflection:

Which category shaped me most?

Familiar vs Safe

The nervous system prefers familiar over healthy. _____

Does peace feel suspicious? _____

Do you create urgency when things are stable? _____

Do you equate exhaustion with value? _____

Write openly.

Control & Protection

Control often emerges from fear of disappointment.

When I imagine letting go, I fear _____

If I rely on someone else, I worry _____

What did disappointment teach me? _____

When Did It Begin?

What emotional climate did you grow up in?

- ☐ Chaos
- ☐ Silence
- ☐ High expectation
- ☐ Emotional inconsistency
- ☐ Responsibility too early

What became normal? _____

Baseline Is Plastic

Neuroplasticity allows recalibration.

Change happens through:

- Repeated safety exposure
- Tolerating calm
- Softening hyper-control
- Allowing imperfection

Micro Recalibration

Try:

- Sit in stillness for 2 minutes
- Let someone else decide
- Leave something unfinished
- Say no without overexplaining

Notice what arises.

Regulation Snapshot:

I feel regulated daily: ___/10

I override body signals: ___/10

I rest without guilt: ___/10

What would a 7 feel like? _____

You are not the adaptation.
You are the person underneath it.

Reflection:

Without bracing, I might _____

Without performing, I might _____

Without anticipating, I might _____

CLOSING

Baseline can shift.

Identity can reclaim itself.

Understanding precedes change.

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