

Unapologetically Reborn

The Survival Mode to Regulation Workbook

A Companion to the Unapologetically Reborn Podcast

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How to Use This Workbook

Pause the episode when prompted. Answer honestly. Notice body sensations before thoughts. Your nervous system holds information long before language does. There are no wrong answers here — only awareness.

Regulation Scale (1–10)

1	2	3	4	5	6	7	8	9	10
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1 = Dysregulated | 10 = Deeply Regulated

Nervous System States Overview

- Fight – Anger, urgency, control, intensity
- Flight – Anxiety, overworking, perfectionism
- Freeze – Shutdown, numbness, disconnection
- Fawn – People pleasing, over-accommodating
- Regulated – Calm alertness, flexible thinking, grounded presence

Reflection

“Survival responses are not personality flaws. They are intelligent adaptations.”

Acute Stress

Do I calm down after stress?

Can I return to normal once the event passes?

Does my body recover naturally?

Chronic Stress

Do I sleep deeply?

Do I wake up already tense?

Do minor inconveniences feel overwhelming?

Overload

What signals do I override?

What does my body do before I emotionally crash?

What environments dysregulate me fastest?

What signals do I ignore?

When was the last time I felt truly regulated?

General Adaptation

What do I do automatically when I feel unsafe?

Who would I be without this behavior?

What did this protect me from?

High-Functioning Achiever

Do I confuse exhaustion with purpose?

When I rest, do I feel peace or anxiety?

Emotional Shutdown

Do I disappear in conflict?

Do I feel blank when emotions rise?

People Pleasing

Do I feel responsible for other people's emotions?

Do I over-explain to prevent rejection?

Crisis Normalization

Do I feel uneasy when things are peaceful?

Do I equate intensity with aliveness?

Chronic Self-Questioning

Do I trust my perception?

Do I look externally for confirmation constantly?

Hyper-Independence

Do I feel uncomfortable when things are stable?

Do I create urgency?

Do I feel most alive in chaos?

Identifying Your Adaptation

What do I do automatically under stress?

What role do I default to?

What do I fear would happen if I didn't do this?

What did this prevent?

What adaptation am I afraid to release?

Who would I be without this role?

What do I fear would happen if I stopped?

What small experiment could I try this week?

What would regulated strength look like instead?

What adaptation has defined me?

What did it protect?

What is it costing me now?

What does regulated safety look like?

What is one small shift I can practice this week?

What reactions show up most for me — fight, flight, freeze, fawn?

When did I first need this reaction?

What did it protect me from?

What do I usually tell myself who I am after I react?

What would change if I saw my reactions as information instead of flaws?

Continue the Work

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