



CHILDREN DON'T CHOOSE THEIR ROLES. THEY ADAPT TO SURVIVE.

These survival roles form in response to environments where safety, love, and needs were not consistent.

THERE IS NOTHING WRONG WITH YOU.
YOU WERE DOING YOUR BEST WITH WHAT YOU HAD.

“
You were not
too sensitive.
You were
too aware.
”

THE PEACEKEEPER



You kept the peace
to keep yourself safe.



YOU LEARNED TO:

- Read the room
- Monitor emotions
- Prevent conflict
- Silence your own needs

THE INVISIBLE CHILD



You learned that being
seen could be unsafe.



YOU LEARNED TO:

- Stay quiet
- Go unnoticed
- Shrink yourself
- Hide your emotions

THE CARETAKER



You took care of others
because no one took
care of you.



YOU LEARNED TO:

- Put others first
- Anticipate needs
- Ignore your own
- Find your worth in service

THE OVERACHIEVER



You believed that perfect
meant safe and enough.



YOU LEARNED TO:

- Seek approval
- Overwork
- Never feel enough
- Tie worth to performance

THE HYPER-INDEPENDENT CHILD



You learned that needing
someone could lead to
disappointment.



YOU LEARNED TO:

- Rely on no one
- Handle everything alone
- Hide your struggles
- Push through, no matter what

UR

UNAPOLOGETICALLY
UNSEEN

YOU WERE NOT “TOO MUCH.” YOU WERE SURVIVING MORE THAN YOU SHOULD HAVE HAD TO. ♥

Awareness is the first step. Healing is the next.