



UNAPOLOGETICALLY
Reborn

SURVIVAL MODE

Your body adapted to survive.
Now it's time to learn how to live.



WHAT IS SURVIVAL MODE?

Survival mode is when your nervous system believes danger is everywhere—so it stays on high alert to keep you safe.

*It's not a choice.
It's a response.*



SIGNS YOU MIGHT BE LIVING IN SURVIVAL MODE

- You are always tired, even after rest.
- You feel anxious, on edge, or easily overwhelmed.
- You overthink everything.
- You struggle to relax or be present.
- You feel like you never have enough.
- You people please to avoid conflict.
- You have a hard time trusting others.
- You feel numb, disconnected, or empty.
- You are constantly preparing for the worst.

WHY YOU'RE STUCK IN SURVIVAL MODE

- You experienced too much, too soon.
- You grew up in emotionally unsafe environments.
- You had to be strong when no one else could be.
- You learned to survive, not to heal.
- Your nervous system still believes danger is your default.

*It was necessary then.
It doesn't have to be now.*



WHAT SURVIVAL MODE COSTS YOU

- It drains your body and mind.
- It affects your relationships.
- It keeps you from feeling joy.
- It holds you back from your goals.
- It disconnects you from yourself.
- It keeps you repeating old cycles.

*You were never meant to live like this.
You deserve more than just surviving.*



THE TRUTH

You are not broken.
Your body just
learned to survive
what it thought
it couldn't escape.



Awareness is the first step.
Healing is the next.
Freedom is the reward.

WHAT IT LOOKS LIKE TO GET OUT OF SURVIVAL MODE

- You start feeling safe in your body.
- You set boundaries without guilt.
- You choose rest without needing permission.
- You speak up for what you need.
- You release what no longer belongs to you.
- You build a life that feels like peace, not pressure.

*Healing isn't about forgetting
your past—it's about finally
feeling safe in your present.*



HOW TO GET OUT OF SURVIVAL MODE

- Notice without judgment.
- Regulate your body daily.
- Create routines that soothe.
- Set boundaries that protect your peace.
- Choose people who feel safe.
- Give yourself grace. You're relearning safety.

Small, consistent choices create real change.



Nervous System Reset (Try This)

- 4-7-8 Breathing
- Cold water on your face
- Grounding (5 things you see)
- Stretch or move your body
- Say: "I am safe right now."

*You don't need to fix everything.
You just need to feel safe enough to begin.*



GENTLE REMINDERS

- Your healing doesn't have to be perfect.
- Rest is productive.
- You are allowed to take up space.
- It's okay to outgrow old versions of you.
- Peace is your new priority.
- You deserve a life that feels good to live.

You are allowed to choose you.



AFFIRMATION

I am safe now.
I am healing.
I am no longer living
just to survive.
I am building a life
I don't need to escape from.
I am choosing peace.
I am choosing me.

A NOTE TO YOUR HEART

You survived everything
that was meant to break you.
Now it's time to build everything
that's meant to set you free.

*You are not going back to
survival. You are choosing
your rebirth.*

