



Stop Letting The Past Decide What You Must Carry Now

Strong One P.I.V.O.T.™ Travel Forward Worksheet

Use this worksheet if your Diagnostic led you here or if you feel inspired to explore this section. You may want to let go, but past experiences keep reminding you why you learned to handle everything yourself.

Perhaps people did not show up when you needed them. Support came with strings attached. Delegating created more work. Trusting someone left you disappointed. Looking back at those experiences can make continuing to carry everything feel safer and more responsible, even when it is no longer sustainable.

This worksheet is not asking you to ignore what happened, forget what you learned, or trust people blindly. It will help you separate what was true then from what is true now, so the past does not continue deciding what you must carry alone.

The Past Experience Still Shaping How I Carry Things Now

What happened in the past that still makes it difficult for me to ask for help, receive support, delegate, trust, rest, or allow someone else to carry part of the load?

How strongly is this past experience shaping how I operate now? (1 = very little; 10 = almost completely)

Date

Influence right now / 10



1 Name What The Experience Taught Me

I did not begin carrying everything for no reason. Something may have taught me that depending on myself was safer, easier, or more reliable than depending on anyone else.

What happened, and what did I need that I did not receive?

What did I decide about other people, support, or asking for help because of that experience?

What did I decide I would have to do for myself from then on?

The way I learned to operate may have protected me. I can respect why I learned it without assuming it must govern every situation now.



2 See How The Old Lesson Is Operating Now

A lesson formed in one experience can quietly become a rule for every experience. I will notice when the past is shaping what I expect, what I allow, and how quickly I take everything back.

What happens now	What the past tells me to expect	What I do to protect myself
Example: Someone offers to help.	Example: They will disappoint me.	Example: I say no and do it myself.

What is this old rule costing me now—in my energy, health, relationships, time, or ability to receive support?

A protective rule can outlive the situation that created it.

 Watch: [Stop Saying Yes](#) (1 min 52 second video)



3 Separate What Was True Then From What Is True Now

Moving forward does not require me to deny the past. It asks me to check whether I am treating an old experience as proof of what will always happen.

What was true then	What may be different now	What I can choose or protect now
Example: I had no dependable support.	Example: I have more choice about whom I trust.	Example: I can set limits and start small.

What evidence do I have that this situation, person, or season is not exactly the same as the one that taught me to carry everything alone?

Different does not mean automatically safe. It means I can evaluate the present instead of letting the past make the decision for me.



4 Keep The Wisdom Without Keeping The Rule

The past may have taught me discernment, boundaries, preparation, or self-trust. I can keep that wisdom without keeping the rule that I must never need anyone, receive anything, or release control.

The wisdom I want to keep	The old rule I am ready to question	A more accurate rule for now
Example: Choose support carefully.	Example: Nobody can be relied on.	Example: I can test trust gradually.

What would safe enough support look like for me now?

What boundary, agreement, information, or choice would help me receive support without abandoning myself?



5 Let The Present Have A Say

I do not have to go from carrying everything to trusting everyone. I can allow the present to give me new information through one small, bounded experience.

What is one responsibility I might allow someone else to share, support, or carry?

What is one small way I can test support while keeping the boundaries that matter to me?

 **Watch:** [Just Start Where You Are Today](#) (1 min 42 second video)

Just begin with one choice.

The past taught me .

Today, I am willing to test .

When my Strong One reflex says, "You already know what happens when you rely on people," I can answer: "I remember what happened, and I can still evaluate what is true now. I can use boundaries, choice, and discernment without letting the past make every decision for me."

6 Check Again Before I Move

Influence of the past now / 10 Change from before points

What feels clearer about what the past taught me and what I want to choose now?

What do I need next?

- ☐ More Travel Forward. I need more time to separate the old lesson from what is true now. I'll re-do this worksheet later.
- ☐ Return to Pause. The past feels emotionally active, and I need to steady and care for myself first.
- ☐ One bounded experiment. I am ready to let the present give me new information about support.

Key Travel Forward reminder: *The past can inform how I choose support without deciding that I must always carry everything alone. I can keep the wisdom, use boundaries, and let the present show me what is possible now.*

Need more support? If you would like help working through what is keeping you stuck, reach out to me at info@dancewithchange.com