



What Is Tripping Me Up?

The Strong One P.I.V.O.T.™ Diagnostic

You are the person everyone relies on: capable, dependable, and used to figuring it out. But the very habits that helped you survive or succeed may have become detrimental. You may feel their cost most sharply during times of external change and uncertainty in the pressure, burnout, and overwhelm.

Strong people tend to respond to change and uncertainty in a particular way. When others take cover from the storm, strong people brace themselves and do more. They work harder to keep everything together and protect those they love, even when it hurts them.

You know you need to change. You need to let go so you can breathe easier. But letting go can feel terrifying. That is an internal transition.

This diagnostic helps you identify why letting go may feel so hard. It helps you look beneath the pressure to hold everything together, the urge to *do it all* and do it alone, the fear of disappointing people, or the need to get it right. Your strongest result will point you toward the P.I.V.O.T.™ worksheet most likely to help you relinquish control and make more self-loving, minute-by-minute decisions.

Important: This is a reusable self-reflection tool, not a clinical assessment. It does not determine whether a change is good, safe, or right for you. Practical problems and legitimate safety, health, legal, financial, or relationship concerns may require appropriate information and professional support alongside this inner work. Feel free to re-take this diagnostic every time a new change or transition arises.

A Moment of Reflection

First, think about your life right now. Choose the answer that feels most honest today rather than the answer you think you should give.

What feels most overwhelming about it right now??

Date



What external change or uncertainty am I navigating (if any)?

Now, let's delve deeper.

Rate each statement

How badly do I want relief from the intense feelings (e.g. anxiety, burnout, tiredness) I am feeling?

1 Not at all 2 Somewhat 3 Desperately

My answer ☐ 1 ☐ 2 ☐ 3

For the P.I.V.O.T.™ statements below, use a 1-5 scale. 1 means least true for me right now, and 5 means extremely true for me right now.

Pause

You may need to interrupt over-functioning impulses before they cost you more.

Statement	1	2	3	4	5
I tend to automatically say yes when I am asked to take on new tasks, even when I want or need to say no, because I am afraid of disappointing people or appearing unable to handle it.	☐	☐	☐	☐	☐
I often take on other people's responsibilities, even when they could carry their own loads, because it proves that I am capable or that I love them.	☐	☐	☐	☐	☐
The more unsettled or uncertain I feel, the more I try to fix, control, or take on.	☐	☐	☐	☐	☐
I just push through exhaustion, anxiety, or overwhelm because I believe this is better. It shows that I am strong and productive.	☐	☐	☐	☐	☐

Pause score out of 20



Introspect

This change may be asking you to separate who you are from the Strong One identity you learned to survive.

Statement	1	2	3	4	5
I am not sure who I would be if I were not the capable, reliable one. I find it hard to step back even when I no longer have the energy to stay in control.	☐	☐	☐	☐	☐
I don't generally feel valuable or worthy if I don't carry everything and figure things out for others.	☐	☐	☐	☐	☐
I worry that needing or asking for help will make people see me as weak or less capable. I pride myself on being extremely independent.	☐	☐	☐	☐	☐
I am a high achiever, and I am terrified of failure. I feel I must continually prove my worth through achievement, credentials, or performance.	☐	☐	☐	☐	☐

Introspect score **out of 20**



Vector

You may be overwhelmed by becoming someone you have never been before and everything you would need to learn.

Statement	1	2	3	4	5
This change is asking me to become someone I have never been before, and I feel overwhelmed by everything I have to learn.	☐	☐	☐	☐	☐
I cannot see how the strengths and experience I already have can help me become the person I need to be next.	☐	☐	☐	☐	☐
What comes next feels so unfamiliar that I worry I will not be able to learn it or adapt.	☐	☐	☐	☐	☐
I feel pressure to know how to handle everything.	☐	☐	☐	☐	☐

Vector score **out of 20**



Overcome

Perfectionism, fear of judgment, or the need for control may be making it hard to let go.

Statement	1	2	3	4	5
I struggle to delegate because it feels easier or safer to do it myself.	☐	☐	☐	☐	☐
I worry that another person's mistake will become my responsibility or reflect badly on me.	☐	☐	☐	☐	☐
I judge myself harshly when I make a mistake or cannot meet the high expectations I set for myself.	☐	☐	☐	☐	☐
I delay action because I am trying to get it exactly right before I move.	☐	☐	☐	☐	☐

Overcome score **out of 20**



Travel Forward (and Don't Look Back)

You may need to commit to the path of ease ahead without carrying every old responsibility with you.

Statement	1	2	3	4	5
I keep carrying responsibilities that belonged to an earlier version of my life or role even though I no longer want to.	☐	☐	☐	☐	☐
I revisit old decisions and wonder whether I should have handled everything differently.	☐	☐	☐	☐	☐
I find it hard to make room for a new chapter because I am still trying to preserve the old one.	☐	☐	☐	☐	☐
I know something has to change, but I am reluctant to let go of the person who always handled it all.	☐	☐	☐	☐	☐

Travel score **out of 20**



Find your main trip-up

Transfer each score below. Your highest score points to the place that may be making it hardest for you to let go right now.

Pause	Introspect	Vector	Overcome	Travel Forward
/ 20	/ 20	/ 20	/ 20	/ 20

My strongest trip-up right now appears to be .

If two areas are tied or close together, read both result descriptions and begin with the one that feels most active or urgent today. You do not need to work through everything at once.

Pause

I need permission to pause. Take a break. My system may be asking for rest, steadiness, or support before I can decide what is actually mine to take on. Begin with the Pause worksheet to notice my capacity, interrupt automatic over-functioning, and create enough space to choose a more self-honoring next move.

Introspect

I need to remember who I am beyond being the Strong One. This transition may be touching my identity, worth, or sense of being needed. Begin with the Introspect worksheet to understand what the Strong One identity once protected, separate my value from my performance, and make room for my own needs.

Vector

I need to remember that I am not starting from zero. Becoming someone I have never been before may feel unfamiliar and overwhelming, but I can use what I already know to learn what is new. Begin with the Vector worksheet to reconnect with my strengths and experience as I grow into the next version of myself.

Overcome

I need permission to move imperfectly and share control. Fear of judgment, mistakes, or letting people down may be keeping me in a tight grip. Begin with the Overcome worksheet to loosen perfectionism and trust that my safety and worth do not depend on getting everything right or doing everything myself.

Travel Forward

I need to release the role of carrying it all. Part of me may still be holding responsibilities that belonged to an earlier role, relationship, or chapter. Begin with the Travel Forward worksheet to honor what is ending, set down what is no longer mine, and choose what comes next.