

The Recovery Blueprint

*Implementing resets, personal data, &
self-connection to sustain success*

Leah Marone, LCSW

Are you a Serial Fixer?

- You help others open up but struggle to do the same.
- You have trouble setting boundaries and overextend yourself.
- Your self-worth is tied to being needed.
- You often feel unappreciated or taken for granted.
- You attract people who heavily rely on you.
- You frequently step into others' conflicts to mediate.
- You neglect your own needs to prioritize others.
- You feel guilty or anxious when you can't help.

Boundaries

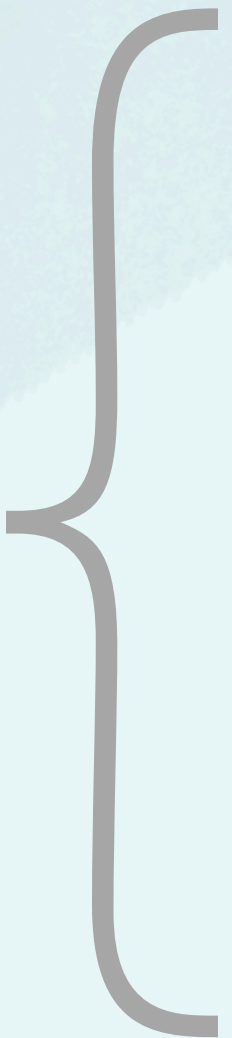
Guidelines, rules, or limits

Created to identify reasonable, permissible, safe ways for other people to behave, and how one will respond when someone challenges those limits.

Physical, Emotional, Time, Intellectual, Material

Mental Health Crisis?

Glamorization of Stress

- 
- Over-extended and over-stimulated
 - Cyclical burnout resulting from loose boundaries
 - Imbalanced relationships and suppressed emotions
 - Neglecting the basics and operating with urgency
 - Band-aids and distractions


Emotional Hangovers

Stress | Anxiety | Burnout

1. What can I control?
2. What are my options?
3. What is my role?
4. What can I let go?



Self-Regulation Techniques

- 
- Breathe and muscle contraction
 - Cold compress
 - Infinity symbol
 - Move and collect data
 - Schedule worry time



Internal Family Systems

Your 'Bodyguards'

**Show appreciation and
validate their efforts**

**Identify what they are
trying to protect you from**

**Soothe and work
collaboratively with them**

Your bodyguards...

InnerPleaser

- Seeks approval and validation
- Fear of negative judgements, confrontation, disappointing others
- Struggles with setting boundaries, over accommodating, saying “no”



Your bodyguards...

InnerCritic

- Fuels anxiety, exhaustion, distrust, guilt
- Fear of failure, embarrassment, isolation
- Perfectionistic - can lead to stagnation, frustration, anxiety



Your bodyguards...

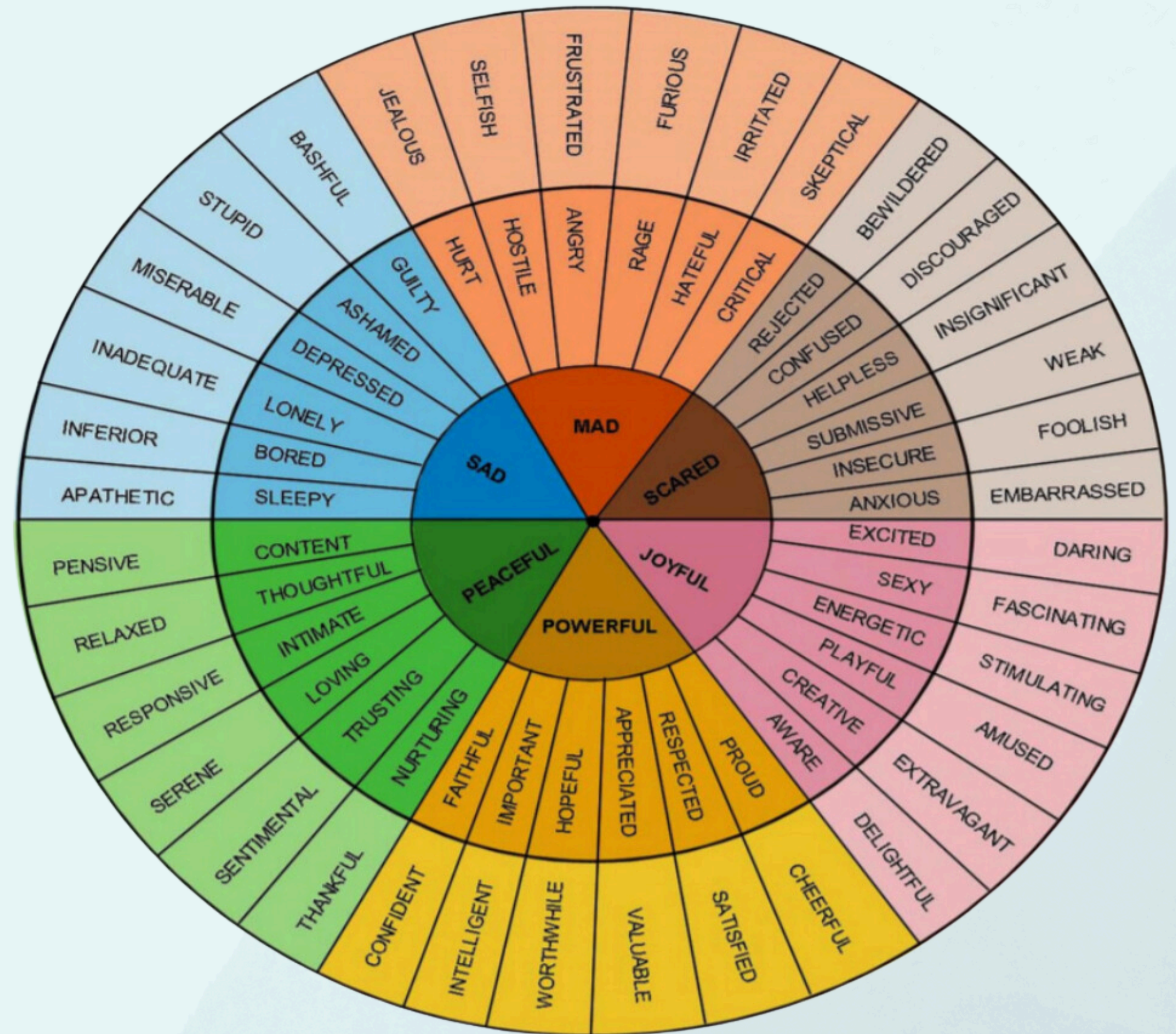
InnerRescuer

- Compelled to save others, risking burnout and compassion fatigue
- Attempts to ease others' discomfort but often ends up over-accommodating
- Sense of purpose based on when/how others need them



Mindfulness

- Self-check-ins
- Fact check
- Five Senses
- Habitual practices
- Transitions and bookends



Identifying your non-negotiables

- Identity your values and motivators
- Collect 'data' - do more than nothing
- Get your 'reps' in
- Ignite dormant parts



Care Circles



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Recovery Blueprint

- Manage expectations
- Celebrate wins
- Take care of the basics
- Capitalize on transitions
- Align with your bodyguards



Support, don't Solve

Get your reps in

RESILIENCE is something you earn through practice and consistency. It requires a healthy mindset, time for reflection, and the ability to be present with your feelings.

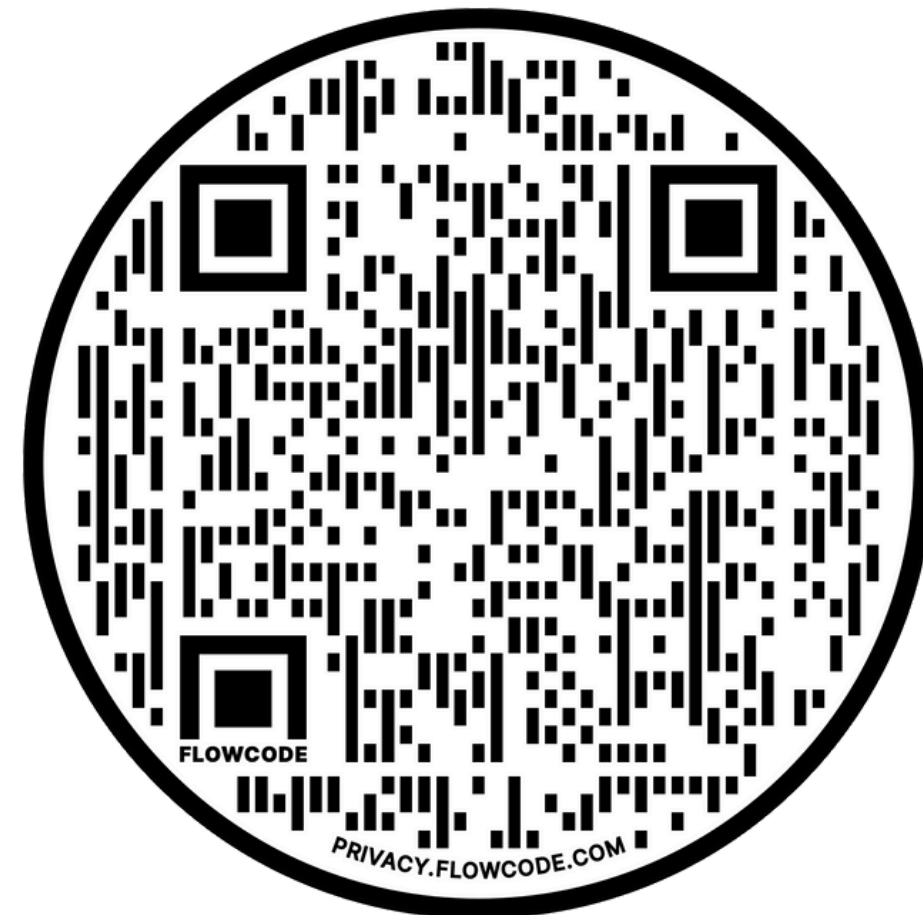
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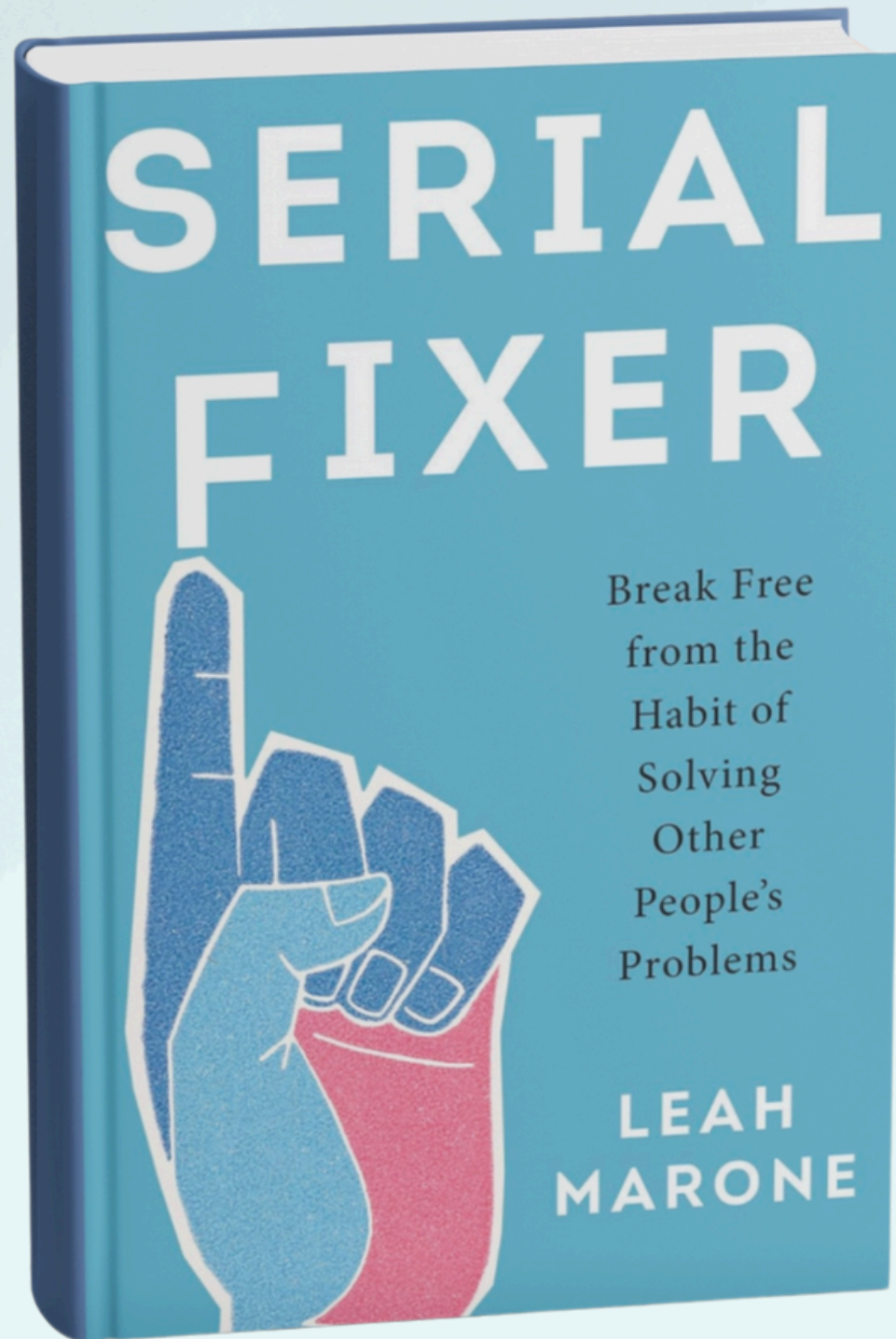
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Stop taking **false ownership** of others' problems, and learn to support others without losing yourself.

Learn how to create **healthy boundaries**—ones you can actually sustain, not just talk about.

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