

The Reset You Didn't Know You Needed

A Gentle Pause for the Woman Who's Always "On"

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Let's be honest...

You're the one people count on.
You show up. You perform. You handle business. You solve problems.
You're the strong one in your family, your circle, your workplace.

From the outside, it looks like you have it all together.
But internally... you're tired.

Not just physically tired.
Emotionally tired.
Mentally drained.
Spiritually disconnected.

And the part that's hardest to admit is this:
You don't always recognize yourself outside of what you do for others.

What You're Experiencing Has a Name

This isn't just "stress."
This is burnout mixed with identity fatigue.

Burnout is what happens when your output has exceeded your capacity for too long.
Identity fatigue is what happens when you've been everything for everyone else... and lost touch with who you are underneath it all.

So no, you're not weak.
You're not dramatic.
You're not "doing too much" because you want to.

You've just been carrying too much for too long.

The 3-Minute Reset

Before you try to fix your entire life, let's start small.

Ask yourself:

1. Where am I overextending myself?
2. What am I carrying that was never mine to hold?
3. When was the last time I did something just for me... without guilt?

Now pause.
Take a breath.

And say:
"I release what no longer belongs to me. I give myself permission to come back to myself."

Let's Talk About "Cancel. Cancel."

It sounds simple. Almost too simple.
But there's real psychology behind it.

Your brain is wired for repetition.
The thoughts you think over and over again become your internal truth.

So when your inner voice says:
"I'm not enough."
"I'm behind."
"I should be doing more."

Your brain doesn't question it.
It accepts it... and reinforces it.

That's how negative thought patterns become habits.

"Cancel, cancel" is a pattern interrupter.

In simple terms, you are telling your brain:
"Stop. That thought is not valid. We are not going down that path."

It creates a break in the automatic cycle.

Because most of your thoughts are not conscious decisions.
They are automatic responses based on past experiences, trauma, conditioning, and repetition.

So when you say "Cancel, cancel," you are:
- Interrupting a negative thought loop
- Reclaiming control over your mind
- Creating space to choose a better thought

And here's the key:
You don't just cancel the thought... you replace it.

Instead of:
"I'm not doing enough."

You say:
"I am doing what I can, and that is enough for today."

Instead of:
"I'm falling behind."

You say:
"My timing is my timing. I am not in competition with anyone."

This is how you begin to retrain your mind.

Not overnight.

But consistently.

You Are Allowed To

- Rest without explaining
- Say no without guilt
- Change your mind
- Outgrow people, patterns, and expectations
- Choose yourself without apology

Final Thought

You are not just what you produce.
You are not just what you give.
You are not just who people need you to be.

You are a whole woman... worthy of peace, clarity, and alignment.

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Where Healing Meets Purpose—and Lives Are Changed

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