

DECODE THE DISCONNECT

Where you leave yourself in the middle of your own life

The tiny moments you're leaving yourself and don't even realise it

This isn't really a guide. It's more like catching yourself in the act.

Because most women think they lose themselves in the big moments.

The argument.

The breakup.

The breakdown.

But that's not usually where it happens.

It happens in the tiny moments.

The ones that look like nothing.

The ones you've stopped noticing.

Let's see if you recognise any of these.

1. Someone says something that doesn't sit right

You:

- A) Say something about it
- B) Tell yourself it's not worth bringing up
- C) Replay it later wishing you had

2. Someone asks what you want

You:

- A) Know immediately
- B) Say "I don't mind"
- C) Choose what makes everyone else happy

3. You're annoyed about something

You:

- A) Say it
- B) Convince yourself it's not a big deal
- C) Carry it around all day instead

4. A difficult conversation needs to happen

You:

- A) Have it
- B) Rehearse it repeatedly
- C) Avoid it and hope it sorts itself out

5. Someone disappoints you

You:

- A) Tell them
- B) Make excuses for them
- C) Tell yourself you're expecting too much

6. You disagree with something

You:

- A) Say so
- B) Soften your opinion
- C) Stay quiet and keep the atmosphere comfortable

7. You receive a message that feels different

You:

- A) Read it and move on
- B) Read it twice
- C) Read it four times trying to work out what's wrong

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8. You hear yourself saying:

- A) "Actually..."
- B) "It's fine."
- C) "Don't worry about me."

YOUR RESULTS

Mostly B's

You leave yourself quietly.

Not dramatically.

Not obviously.

You minimise.

You soften.

You tell yourself it's not worth bringing up.

You convince yourself you'll get over it.

And then you find yourself replaying conversations later wondering why you're frustrated.

You haven't stopped feeling.

You've just got very good at talking yourself out of what you feel.

Mostly C's

You leave yourself automatically.

Before you've even realised you're doing it.

You keep the peace.

You make everyone else comfortable.

You swallow the words.

You put yourself second so quickly it feels normal.

Most of the time you don't even notice it happening until afterwards.

Mostly A's

You generally stay connected to yourself.

But notice where you occasionally slip into B or C.

Because those are usually the moments that matter most.

THE THING MOST WOMEN MISS

The problem isn't that you don't know what you're doing.

You probably do.

The problem is that it happens so quickly.

The feeling comes.

The words form.

And before you've even realised it...

You've said:

"It's fine."

You've changed the subject.

You've swallowed the words.

You've left yourself again.

Not because you're weak or broken.

Because somewhere along the way your body learned that keeping the connection felt safer than telling the truth.

The problem isn't that you don't know what to do.

The problem is that by the time you've realised you've left yourself...

you've already done it.

STAY helps you catch the moment sooner.

THIS IS WHERE STAY COMES IN

Most women stop here.

They recognise themselves.

They feel seen.

And then they go back into their day and keep doing the same thing.

Not because they don't want to change.

Awareness isn't the same thing as capacity.

STAY is my 28-day nervous system practice for women who are tired of noticing the pattern afterwards.

And want to start catching it in the moment.

So instead of leaving yourself automatically...

You learn how to stay.

Once you see it...

it's actually quite hard to unsee.

You'll notice the moments.

The swallowed words.

The quick yes.

The urge to make everyone else comfortable.

The places you disappear from yourself.

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STAY is for what happens next.

Because recognising the moment is powerful.

But learning how to stay in it changes everything.

STAY

Not ready for STAY yet?

If you've recognised yourself in this guide but want something smaller to start with, try **RESET**.

A 10-minute guided audio for the moments you notice you've left yourself and want a simple way back.

Whether you've disappeared into overthinking, people pleasing, scrolling or shutting down, RESET helps you pause, reconnect and come back to yourself.

RESET - £9

Tara Gallagher Coach