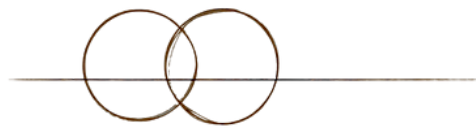


# EMPOWERMENT Guide March 2024



**Welcome To  
The Stress Express...**

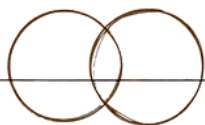
**The Not-So-Serious Guide to  
Understanding Your Stress  
Archetypes**

LISA J WILSON  
RADICALLY AUTHENTIC YOU



As we journey through the transformative energies of March, it's essential to understand the **stress archetypes that influence our reactions to life's challenges.**

**Recognizing** which of the most dominant stress responses you have (and **it will be more than one;** pick your top two), whether you're a Reactor, Avoider, Detached, Yes Person, or Depleted, can illuminate behaviors and patterns you weren't aware of.





**This guide is dedicated to exploring these archetypes, how they manifest in our lives, and guiding you toward the **Reclaimed Self**—an empowered state of being that emerges when we heal our nervous system and break free from old conditioning.**





**Navigating the world of stress archetypes doesn't have to be all doom and gloom.**

**Let's take a whimsical dive** into these personalities, shedding light on our quirks and traits with a dash of humor.

**Recognizing ourselves** in these archetypes is the first step toward healing and empowerment.

So, let's laugh a little at ourselves and understand that growth is possible and doesn't have to be painful.





## The Reactor: The Volcano in Disguise

**Ah, the Reactor**—like a volcano that could erupt at any moment. Your secret sauce?

**A potent mix of anger, rage, and, let's not forget, a sprinkle of vindictiveness.**

Society told you that expressing anger was a no-no, pushing you to cap that volcano. **But guess what?** It's time to uncork that firehose and let it all out (in a healthy way, of course).

Ever find yourself exploding over someone not following your script to the T? That's your Reactor shining through. It's time to confront those patterns, heal, and maybe, just maybe, **learn to laugh** at the absurdity of it all.





## **The Avoider: Master of Evasion**

**Oh, the Avoider, you're so good at dodging—** conversations, confrontations, feelings, you name it.

Chances are, you're wearing the badge of busyness with honor, possibly even flirting with a Type "A" personality.

**This constant motion keeps you from achieving** what you truly desire, leading to head-scratching moments about **why your relationships** feel just a tad empty.

**Time to pause, breathe, and maybe actually feel those feelings. It's scary, but the rewards? Immense.**





## The Detached: The Artful Dodger

**The Detached is our very own Houdini of emotions.** You're here one moment and gone the next, especially when our **trauma trigger** gets ignited!

This isn't just a neat party trick; it's a deep-seated defense mechanism.

If you've drifted off by now, well, that proves the point.

But don't worry; **there's a way back to presence**, and it starts with acknowledging your ninja-like escape skills.





## **The Yes Person: The Martyr of Love**

**Ah, the Yes Person**, painfully stretching themselves in a million directions, all in the name of love (or so we think).

**I know this dance all too well—it's my go-to move.**

We're the ones buying love in bulk, crafting endless to-do lists, all while secretly hoping to uncover feelings of worthiness and love.

**Spoiler alert:** it's an endless quest if we don't start valuing ourselves first.

**Time to channel that energy inward and discover that you're already enough.**







## **The Depleted: The Worn-Out Warrior**

**And then, there's The Depleted**—after all that reacting, avoiding, detaching, and yes-ing, you hit the wall.

**Welcome to the land** of "adrenal fatigue" and its many aliases.

You've been on a wild goose chase for a diagnosis, but the true healing?

**It's an inside job.** Your trauma isn't just a personal collection; it's a family heirloom of sorts.

Healing yourself isn't just about you; it's a gift to your ancestors and future generations.





**Recognizing ourselves in these stress archetypes can be a wake-up call, but it's also the first step toward transformation.**

**It's okay to laugh** at our own patterns while gently nudging ourselves towards healing.

Remember, when we **begin to heal** our nervous system, we're not just changing our lives but rewriting our legacy.



**So, take a deep breath, and let's embark on this healing journey together.**

**With a bit of humor, a lot of self-love, and an open heart, we can transition from our stress archetypes to our Reclaimed Self.**

And who knows? The journey might just be the most rewarding part.

**Join me for a 5-day breathwork adventure designed to kickstart this healing process.**

Here's to laughing, healing, and growing into our best selves!

Lisa xo

