

Grow the Gap

CHECKLIST

1. Look up

When you look up, you fix your eyes on Christ and receive His reassurance: *I'm here. You're not alone. We're in this together.*

2. Notice and name

There's no judgment in this step. Just notice and name your behavior.

- I'm in a Freeze reaction.
- I'm in a Fawn reaction.

3. Normalize

Avoid comparing yourself to others or trying to make their normal your normal. Focus on what is normal for you.

4. Neutralize

Focusing on God's grace can help you neutralize any negative inner chatter; meditating on God's Word will replace toxic words with eternal Truth.

5. Make an intentional choice

When you find yourself in a Freeze reaction, your goal is to get moving again. When you find yourself in a Fawn reaction, your goal is to stop people-pleasing.