



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

## The Self-Trust Signal Worksheet

### A Simple Practice for Listening to Yourself Again

Most people do not lose self-trust in one big dramatic moment.

They lose it through tiny repeated overrides.

You feel a no, but say yes.

You feel tired, but keep pushing.

You feel uncomfortable, but tell yourself you are overreacting.

You feel something is off, but talk yourself out of it because you do not want to upset anyone.

Every time you override your own signal, your body learns:

**“My signal does not matter.”**

And after enough of those moments, self-doubt starts to grow.

This worksheet will help you slow that process down.

Not by forcing confidence.

Not by pretending everything is fine.

But by noticing the moment where your signal appears, listening to it, and choosing one small action that rebuilds trust with yourself.

---

### How This Practice Works

Self-trust is built through evidence.

Every time you listen to your own signal and take it seriously, your system receives a new message:

**“I can trust myself.”**

Every time you override your signal, your system receives another message:

**“My needs, limits, and instincts can be ignored.”**

That does not mean you have to act on every feeling instantly.

It means you stop dismissing yourself before you have even listened.

This practice helps you pause and ask:

**“Is this a real yes, or am I overriding my no?”**

That one question can interrupt an old pattern before it takes over.



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

## Step 1: Notice the Situation

Write down the moment where you felt a signal from your body.

This could be:

- someone asking you for something
- being invited somewhere
- needing to speak up
- feeling pressured to reply
- wanting to rest
- feeling uncomfortable around someone
- saying yes too quickly
- over-explaining when a simple answer would do

### What happened?

Example:

Someone asked me to go somewhere, and I immediately felt pressure to say yes even though I did not want to go.

Your turn:

**The situation was:**

.....

.....

.....

---

## Step 2: What Was Your Body Saying?

Before your mind explained anything, what did your body signal?

Your body might communicate through:

- tight chest
- heavy stomach
- jaw clench
- sudden tiredness
- pressure in the throat
- shallow breathing
- internal drop

Free download from: <https://discoveryoursoulself.com/how-to-rebuild-self-trust/>



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

- irritation
- dread
- frozen feeling
- urge to explain
- urge to say yes quickly
- urge to disappear

**My body signal was:**

.....

.....

.....

---

## Step 3: What Did Your Mind Say Next?

This is where the old program often jumps in.

The body gives the signal.

Then the mind tries to override it.

You might hear thoughts like:

“I’m overreacting.”

“It’s not a big deal.”

“They need me.”

“I should just go.”

“I do not want to be rude.”

“What if they get upset?”

“I do not have a good enough reason.”

“I’ll feel guilty if I say no.”

“I can handle it.”

“I should be better than this.”

**The thought that tried to override me was:**

.....

.....

.....

Free download from: <https://discoveryoursoulself.com/how-to-rebuild-self-trust/>



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

---

## Step 4: Is This a Real Yes or an Override?

Now ask yourself:

**Is this a real yes, or am I overriding my no?**

A real yes usually feels clear, open, steady, or willing.

An override often feels pressured, heavy, guilty, tense, rushed, or resentful.

It may look like kindness on the outside, but inside your body is already bracing.

Tick one:

- ☐ This feels like a real yes
- ☐ This feels like a no
- ☐ This feels like pressure
- ☐ This feels like guilt
- ☐ This feels like fear
- ☐ I am not sure yet, but something feels off

Write what you notice:

.....

.....

.....

---

## Step 5: What Old Rule Might Be Running?

When you override yourself, there is usually an old rule underneath.

Rules like:

- I must not disappoint people
- I must keep the peace
- I must be useful
- I must not be difficult
- I must not need too much
- I must say yes to be loved
- I must explain myself perfectly
- I must avoid conflict
- I must not trust myself too quickly



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

- I must make everyone comfortable

**The old rule might be:**

.....

.....

.....

---

## Step 6: What Would Self-Trust Choose?

This is not about being harsh.

This is not about becoming selfish.

This is about including yourself in the decision.

Ask:

**If I trusted my own signal, what would I choose here?**

It might be:

- saying no
- asking for more time
- giving a shorter answer
- resting
- being honest
- setting a boundary
- not replying immediately
- asking for help
- choosing the smaller step
- not over-explaining
- leaving the situation
- staying quiet until you are clear

**If I trusted myself, I would:**

.....

.....

.....



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

## Step 7: Choose One Small Action

You do not have to overhaul your whole life.

Self-trust is rebuilt through small actions.

Pick one small action that matches your signal.

Examples:

**Instead of:** "Yes, sure, I'll do that."

**Try:** "Let me check and get back to you."

**Instead of:** over-explaining your no

**Try:** "No, I'm not available for that."

**Instead of:** pushing through exhaustion

**Try:** "I need to rest before I decide."

**Instead of:** ignoring discomfort

**Try:** "Something feels off, so I'm going to pause."

**My one small self-trust action is:**

.....

.....

.....

---

## Step 8: What Happened After You Listened?

After you honour your signal, notice what happens.

This part matters.

Your system needs new evidence.

You might feel:

- guilt
- relief
- fear
- calm
- awkwardness
- pride
- uncertainty
- freedom



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

- discomfort that eventually passes

The goal is not to feel amazing straight away.

Sometimes the first feeling after listening to yourself is guilt.

That does not mean you did the wrong thing.

It may just mean your old pattern expected you to abandon yourself again, and you did not.

**After I listened to myself, I felt:**

.....

.....

.....

---

## Step 9: What New Evidence Did You Give Yourself?

This is where the real change begins.

Each time you listen to yourself, you give your nervous system new proof.

Proof like:

**I can say no and still be okay.**

**I can feel guilt and not let it make the decision.**

**I can pause before responding.**

**I can trust my body signal.**

**I can choose differently without everything falling apart.**

**The new evidence I gave myself was:**

.....

.....

.....

---

## The Self-Trust Reset Sentence

Use this sentence when you feel yourself about to override your own signal:

**"I do not have to abandon my signal to keep everything comfortable."**

Or:

**"I can pause, listen, and choose from self-trust instead of pressure."**

Write your own version:

Free download from: <https://discoveryoursoulself.com/how-to-rebuild-self-trust/>



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

.....

.....

.....

---

## Quick Daily Check-In

Use these three questions once a day:

**1. Where did I feel a signal today?**

.....

**2. Did I listen, override, or pause?**

.....

**3. What would one small act of self-trust look like next time?**

.....

---

## Final Reminder

You do not rebuild self-trust by suddenly becoming perfectly confident.

You rebuild it every time you hear your own signal and choose not to dismiss it.

Every pause matters.

Every honest no matters.

Every moment where you stop over-explaining matters.

Every time you listen to your body instead of instantly overriding it, you send yourself a new message:

**“I am allowed to trust myself.”**

That is how you come back to yourself.

One listened-to signal at a time.



# Discover Your Soul Self

Awaken. Reflect. Become Whole.

## Next Step

This worksheet is part of the work I teach inside **Deprogramming 101**, my free course inside **The Sovereign Living Project**.

Inside the course, you will learn where your automatic patterns come from, why your nervous system repeats them, and how to start interrupting the old programs running underneath your behaviour.

Join the free course here: <https://www.skool.com/the-sovereign-living-project/about>