



# The Sovereignty Self-Trust Map

A simple worksheet for returning to connection, choice, and inner leadership

Sovereignty is not about becoming perfect, emotionally untouchable, or in control of everything around you. Sovereignty is the ability to stay connected to yourself while life is happening, recognise what state your system is in, and choose from truth instead of automatic protection or collapse.

This worksheet is designed to help you locate your current state, see what program or pattern may be running, rebuild self-trust, and choose one small sovereign action.

| Sovereignty is                                                                                           | Sovereignty is not                                                                                 |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Connection with yourself<br>Access to choice<br>Self-trust in action<br>The Soul Self leading the system | Fake calm<br>Control<br>Avoiding challenge<br>Never being triggered<br>Staying in the comfort zone |

## Before You Begin

You do not have to force yourself into sovereignty. Start by noticing where you are. Collapse and protection are not failures. They are states your system enters when it believes it needs to conserve energy or stay safe. Connection is where choice becomes more available.

[Read more: The Three States of the Biofield](#)

[Read more: Field Fog vs Field Clarity](#)



## 1. Locate Your State

Do not judge the state. Just identify it. The goal is not to be in connection all the time. The goal is to recognise where your system has gone so you can choose the next supportive step.

| Collapse                                                                                                                                                              | Protection                                                                                                                                                                        | Connection                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Inner message:</b> It is too much.<br><br><b>May feel like:</b><br>numb, heavy, flat, shut down, low energy, disconnected, unable to decide, wanting to disappear. | <b>Inner message:</b> I need to stay safe.<br><br><b>May feel like:</b><br>urgency, scanning, overthinking, fixing, people-pleasing, defending, explaining, controlling, bracing. | <b>Inner message:</b> I can stay present and choose.<br><br><b>May feel like:</b><br>grounded, open, steady, honest, able to pause, able to say no, able to respond instead of react. |

### My current state feels most like:

☐ Collapse

☐ Connection

☐ Protection

☐ Moving toward connection

What tells me I am in this state?

What happened right before I noticed this state?

What does this state seem to be trying to protect me from?

[Read more: Where Regulation Actually Fits](#)



## 2. Find the Chain Under the Reaction

Most people try to change the behaviour at the end. But behaviour is usually the final output of a deeper chain. Sovereignty begins when you can see the chain before you obey it.

### The sovereignty chain

Trigger -> Program -> Filter -> Meaning -> Emotion -> Behaviour -> Choice

|           |  |
|-----------|--|
| Trigger   |  |
| Program   |  |
| Filter    |  |
| Meaning   |  |
| Emotion   |  |
| Behaviour |  |
| Choice    |  |

Use the questions below to make the chain more specific.

What actually happened, without adding the story?

What did my body do first?

What meaning did my mind attach to this?

[Read more: Understanding Your Behaviour Patterns](#)

[Read more: The Patterns That Run You](#)



### 3. Rebuild Self-Trust

Sovereignty grows when your body learns that you will listen. Every time you override your truth, your body learns something. Every time you honour your signal, your body learns something too.

#### Where did I leave myself?

- |                                                                             |                                                                                      |
|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <input type="checkbox"/> I said yes when I meant no                         | <input type="checkbox"/> I chased approval or connection                             |
| <input type="checkbox"/> I stayed quiet when I had a truth                  | <input type="checkbox"/> I kept peace by betraying myself                            |
| <input type="checkbox"/> I over-explained because I did not trust my answer | <input type="checkbox"/> I stayed in a situation that drained me                     |
| <input type="checkbox"/> I ignored a body signal                            | <input type="checkbox"/> I made someone else's reaction more important than my truth |

What did my body already know?

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What truth did I avoid saying or choosing?

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What would rebuild self-trust here?

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[Read more: How to Rebuild Self-Trust](#)

[Read more: The Soul Self vs The Survival Self](#)



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## 4. Choose One Small Sovereign Action

Your nervous system does not update because you tell it to change. It updates through experience. Choose one small action that gives your system new evidence.

### Possible small actions

- |                                                        |                                                                           |
|--------------------------------------------------------|---------------------------------------------------------------------------|
| <input type="checkbox"/> Pause before answering        | <input type="checkbox"/> Ask for what I need                              |
| <input type="checkbox"/> Say: I need time to think     | <input type="checkbox"/> Stop chasing and let the space be there          |
| <input type="checkbox"/> Say no without a long defence | <input type="checkbox"/> Rest without making myself useful                |
| <input type="checkbox"/> Speak one honest sentence     | <input type="checkbox"/> Take one small step outside the old comfort zone |

The small sovereign action I will practise is:

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What fear or old program might this activate?

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What will I remind my body after I do it?

#### Evidence statement

After the action, pause and say: I listened to myself and I survived. I am building evidence that I can trust myself.

[Read more: You Are Not Stuck, You Are Repeating What Once Worked](#)



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## 5. Your Sovereignty Map

Use this page as a simple summary of what you discovered.

The state I noticed was:

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The old program or pattern was:

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The behaviour it wanted me to repeat was:

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The truth I need to honour is:

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The self-trust action I am choosing is:

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The new evidence I want my body to receive is:

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### Remember

Sovereignty is not perfection. It is returning to connection sooner. It is noticing the old program before it runs the whole system. It is choosing from truth instead of automatic survival.

## Continue the Work

Inside **The Sovereign Living Project**, I teach how old programs form, how they become identity, how filters shape what you see, how emotions drive behaviour, and how self-trust becomes the foundation of real change.

[Join The Sovereign Living Project here](#)

[Read more: Why Being Programmed Is Not an Insult](#)

[Read more: How to Deal with Emotional Triggers](#)