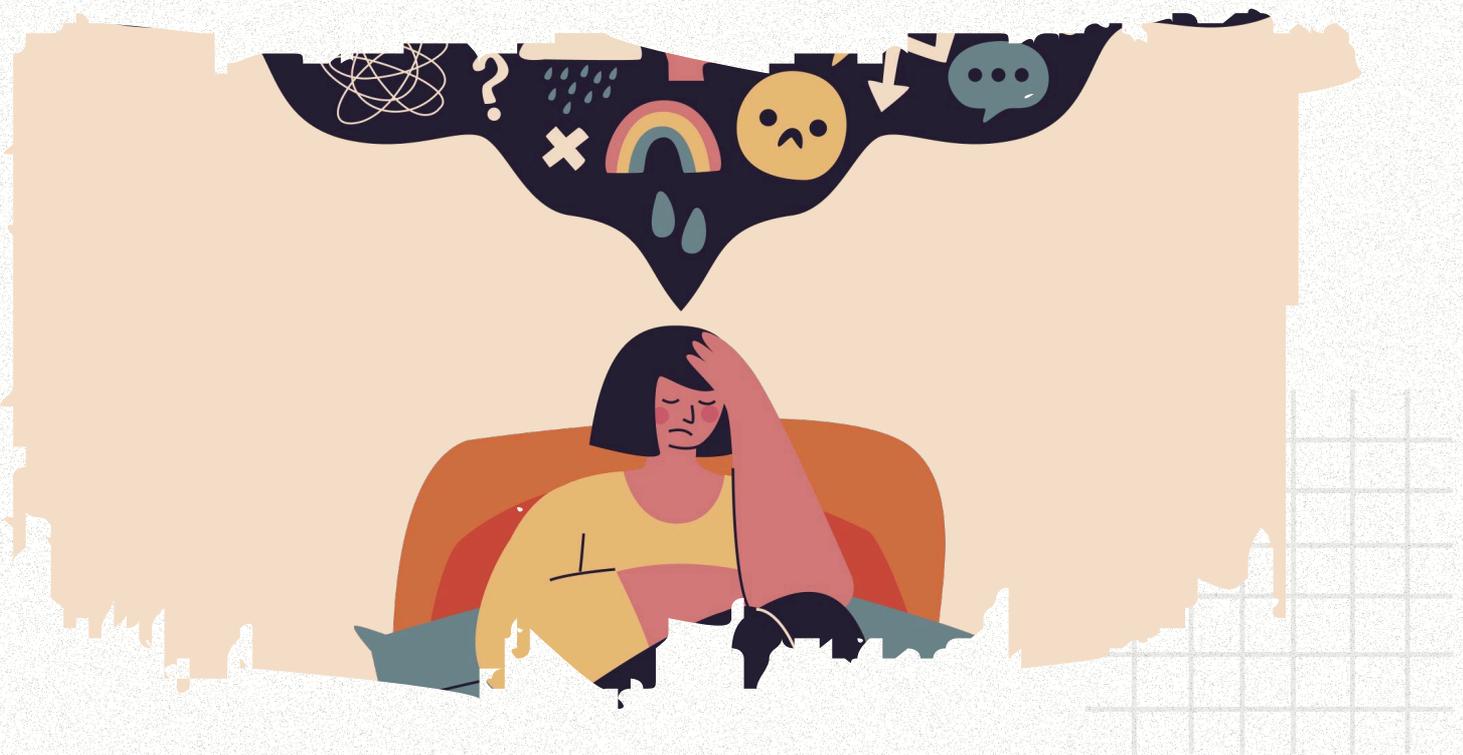




# A Personalized Anxiety Readout For John

Through the Six Sides of You Lens



## How this Report works

This report looks at anxiety as an interaction between anxiety and your Six Sides.

- Sometimes anxiety rises first, and certain Sides tighten to keep you safe.
- Other times, a Side pattern leads first, and anxiety grows because too much is being carried or too much is being held back.
- The goal here is not to eliminate anxiety.

It's to rebalance your system so anxiety no longer has to do as much work.

## Your Anxiety Snapshot

### Sides that tend to work harder

- ◆ **Mediator** : smooths tension, keeps peace, delays hard truth
- ◆ **Conscientious One** : carries responsibility, duty, and self-pressure
- ◆ **Connecto** : wants closeness, but hesitates to be fully open

### Sides that tend to quiet

- ◆ **Adventurer** : strong instincts, but fear can interrupt action
- ◆ **Life Enthusiast** : joy and emotional expression narrow under stress
- ◆ **Leader** : long-range clarity weakens when pressure rises

You function well but it takes effort. Anxiety shows up as tightness, replay, and self-monitoring. You don't lack strength; your system often relies on containment instead of clarity, which quietly drains energy.

*"Your anxiety isn't a flaw it's what happens when too much responsibility and too much silence stack up."*

## Core Pattern 1

# Approval Dependence

(when disapproval feels risky)

### What this looks like for you

You don't need constant validation, but when connection or harmony feels at stake, your system reacts as if disapproval could cost you something. Anxiety rises when someone seems upset, distant, or disappointed – even if you haven't done anything wrong.

### How this connects to your Sides

Your **Mediator** and **Connector** s tep in to protect connection. You may soften your truth, explain more than necessary, or adjust yourself to keep things smooth. This can calm the moment – but anxiety often lingers afterward.

### What this tends to cost

You walk away feeling unsettled or tense, replaying what you said or didn't say, and wondering how it landed.

#### WATCH FOR THIS

- ✦ Rehearsing conversations
- ✦ Reading tone, pauses, or facial expressions
- ✦ Feeling responsible for other people's emotions

#### STABILIZING SHIFT

Say one honest sentence earlier – before anxiety builds momentum.

## Core Pattern 2

## Poor Boundaries

(not from weakness – from conflict avoidance)

### What this looks like for you

You care deeply about fairness and harmony. In the moment, that can make it hard to respond clearly when someone crosses a line. You may go quiet, freeze, or keep the peace – then feel frustrated later.

### How this connects to your Sides

Your **Mediator** prioritizes calm. Your **Adventurer** has the strength to protect your space, but it doesn't always get full access when conflict feels risky. Boundaries often come late instead of clean.

---

### What this tends to cost

Tension builds inside you. What could have been a short, clear moment becomes something you carry for hours or days.

#### WATCH FOR THIS

- ✦ Thinking of what you should've said later
- ✦ Feeling tight in your body while staying polite
- ✦ Agreeing when you really mean no

#### STABILIZING SHIFT

Use a short boundary that doesn't invite discussion: "That doesn't work for me." Then stop talking.

### Core Pattern 3

## Rumination & Overthinking

(when your mind doesn't settle)

### What this looks like for you

Your mind keeps revisiting the same moments – conversations, decisions, possible outcomes. It feels like problem-solving, but it doesn't bring relief. Anxiety stays active because the brain never fully stands down.

### How this connects to your Sides

Your **Leader** tries to make sense of things, but when long-range clarity fades, thinking stays close to the problem. Your **Connector** adds fuel when relationships feel uncertain, keeping the story alive.

### What this tends to cost

Rest is harder to come by. Even quiet moments can feel mentally busy.

#### WATCH FOR THIS

- ✦ Replaying conversations at night
- ✦ Wanting reassurance, then doubting it
- ✦ Feeling tired but mentally "on"

#### STABILIZING SHIFT

Interrupt thinking with small action. Movement settles the mind faster than more analysis.

## How These Patterns Interact

These patterns often stack rather than act alone.

1

### What usually comes first

A moment of uncertainty – often relational: a change in tone, a hint of disapproval, not knowing how something will land.



### What happens next

Your Mediator and Connector move in to keep things steady. You soften truth or delay boundaries. This reduces tension short-term, but increases internal pressure.

2



3

### Where anxiety builds

Later, your mind stays busy: replaying, checking, preparing. That's where rumination grows.

### Where relief is possible

Relief shows up fastest when: truth is spoken sooner, boundaries are clearer, action is taken in small, real steps.

*When honesty and movement return, anxiety doesn't have to compensate.*

## Growth Steps (14-Day Focus)

These steps restore access where anxiety has narrowed it, and relieve load where anxiety has concentrated it.

### Growth Step 1

## Strengthen Your Honest Voice

Mediator + Connector

### What this restores:

Directness without aggression. Connection without self-erasing.

Daily practice (5 minutes)

Once per day, say one true sentence you usually soften. Keep it calm and short.

- ◆ **When to use:** When you feel the urge to smooth, explain, or manage reactions.
- ◆ **Avoid:** Turning honesty into a long explanation. One clean sentence is enough.

### Growth Step 2

## Build Boundary Speed

Adventurer + Mediator

### What this restores:

Real-time self-protection and self-respect.

Daily practice (3–5 minutes)

Practice one boundary phrase out loud each day. Then use one in real life once per week.

- ◆ **When to use:** When you feel yourself freezing, smiling, or going quiet while uncomfortable.
- ◆ **Avoid:** Apology based boundaries ("I'm sorry, but..."). You don't need permission.

### Growth Step 3

## Settle the Mind with Small Action

Leader + Adventurer

### What this restores:

Mental quiet and steadier follow-through.

Daily practice (7–10 minutes)

When you notice looping: Write "The fear is " Choose one 10-minute action. Do it immediately.

- ◆ **When to use:** At night, after tense interactions, or when you feel stuck thinking.
- ◆ **Avoid:** Waiting for certainty. Action creates clarity.

## What Progress Actually Feels Like

Progress doesn't usually feel like calm at first. It feels like less effort.

### WHAT YOU'LL NOTICE

- ✓ You recover faster after awkward moments
- ✓ Replays shorten
- ✓ Anxiety comes and goes instead of sticking

### WHAT IT LOOKS LIKE IN REAL LIFE

- ✓ You say one honest sentence sooner
- ✓ You set a boundary without a speech
- ✓ You act while nervous instead of waiting

#### A key truth

Progress is uneven. Some days the old pattern returns. That's not failure – it's your system learning a new default.

*Nothing about this suggests  
you are broken*

Your anxiety formed around protecting connection, avoiding conflict, and trying to do right by others. Those instincts come from care but they become expensive when they run too often.

As your Sides share the load more evenly truth sooner, boundaries cleaner, action smaller and faster anxiety no longer has to carry so much weight.

This isn't about becoming fearless. It's about becoming clear and steady, even when fear shows up.



# THANK YOU FOR YOUR PURCHASE

Thank you for investing in the Six Sides of You<sup>®</sup> Couples Readout. Your support helps us continue creating tools that foster clarity, growth, and deeper connection. We hope this report brings insight, understanding, and meaningful growth to your relationship.