



Superwoman Circuit Breaker™

A 4-step interrupt for the superwoman in you
that says yes to everyone but herself.

1 ~ CATCH

*Your first job isn't to set a boundary.
It's to notice the old reflex arriving.*

- Who do you find hardest to disappoint? Who brings out your automatic "Yep, no worries"?
- What happens in your body? Tight chest? Sinking stomach? Jaw clenches? Energy drops?
- What does Superwoman say? *"It's easier if I do it. They need me. Don't make this awkward. It'll only take five minutes."*

You don't need to fix anything - just NOTICE.

2 ~ PAUSE

*Stop making decisions in the moment when
you feel pressure to say yes.*

This is the circuit breaker - try saying:

- "I'll check my calendar & come back to you."
- "Let me check my capacity before I commit."

**Your new default isn't NO.
It's NOT YET.**

3 ~ CHOOSE

You're allowed to choose from truth, not guilt.

Now that nobody's standing in front of you
waiting for an answer, check what's really true:

- Do I genuinely want to do this?
- Do I actually have capacity?
- If I say yes to this, what am I saying no to?
- If I knew they'd be completely fine with either answer, what would I choose?
- Is this mine to carry?

Now communicate your decision.

If you usually say yes, this may feel HARD.
Sweaty armpits, guilt, wanting to change
your mind. Do it anyway. It gets easier.

4 ~ CHANGE

*Sometimes Superwoman is faster than you.
You'll catch yourself after already saying yes.*

You're allowed to change your mind. Here's
your **"I need to revoke my Yes"** script:

*"Hey, you know how I agreed to X? I answered
too quickly. I've looked properly at my capacity
& I actually can't take that on right now. Sorry
for the mix-up."*

**Changing your mind does NOT make you
flaky, unreliable or weak. It means you're
learning to honour yourself.**

**YOUR YES ISN'T MORE LOVING OR "GOOD"
IF IT COSTS YOU A NO TO YOURSELF.**

This is one tiny piece of how I help capable women stop carrying everything & create a life that
feels as good as it looks. [Click here for my full roadmap to becoming a Deeply Satisfied Woman.](#)