

What Living in The Tunnel Actually Looks Like

A mirror. Not a diagnosis. A moment of recognition.

You may not have had a name for it.

You may not have called it trauma. You may not have called it anything. You just kept going. You adapted. You got on with it.

But something has felt off for a long time. And you have not been able to put your finger on exactly what.

This is what living in The Tunnel actually looks like.

You are always waiting for something to go wrong

Even when things are good you cannot fully relax into them. You are watching. Scanning. Braced for the moment it falls apart.

This is not anxiety. This is a survival system that has never been switched off.

You minimise what happened to you

When you talk about it you soften it. You say things like it was not that bad or others have had it worse.

You have convinced yourself that what happened does not count. That it was not serious enough to still be affecting you now.

You find it hard to trust your own judgement

You second-guess your decisions. You ask other people what they think before you act on what you know. You doubt yourself constantly, even in small things.

This is what happens when the voice you have been given about yourself was installed by someone else.

You feel guilty for not being further along

You know you should be okay by now. You have done the work. You have read the books. You have been to the therapy.

And yet something still feels stuck. And you feel like you are failing because of it.

Your relationships follow a pattern you cannot seem to break

You attract the same dynamics. You give more than you receive. You find it easier to care for others than to let others care for you.

You have noticed the pattern but you cannot seem to get out of it.

You struggle to know what you actually want

Not what you should want. Not what would make other people happy. What you actually want.

For a long time your wants were not safe. So you learned not to have them. And now, when you try to find them, they are hard to locate.

You have left the situation but it has not left you

You got out. You moved on. Life looks different now from the outside.

But the thinking is the same. The patterns are the same. The way you talk to yourself is the same.

Because survival does not end when the situation ends. It becomes identity.

| This is The Tunnel. And you do not have to stay in it.

The Tunnel Framework® names this experience in seven steps. It gives language to what you have been carrying. And it shows a way out.

Find The Tunnel and A Guided Journal at victoriataylorspeaks.com/books

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