

UPROOTED



Your Root Response is

The *Fixer*

When something isn't working, you take charge.

Your results from the Root Response Assessment, with Rachel Krall

Understanding your pattern

The *Fixer*

You're resourceful.

You know how to solve problems, create plans, and make things happen.

People may depend on you because you're someone who gets results.

But sometimes that same problem-solving instinct shows up in situations where the people you love aren't asking you to take control.

They may want to be heard, understood, or supported.

Instead, you find yourself managing, directing, or taking responsibility for solving the problem.

Your Guarded side

When something feels uncertain or uncomfortable, you may automatically move into problem-solving mode.

You take action to restore a sense of control, but the other person may experience your response as criticism, pressure, or a lack of understanding.

Your Grounded side

You continue using your resourcefulness while recognizing when a situation calls for listening, collaboration, or allowing someone else to take responsibility.

You learn to distinguish between what needs to be solved and what needs to be understood.

One response to practice *this week*

Before jumping into solutions, ask:

Try saying

“Do you want me to listen, help you brainstorm, or help you take action?”

Remember

You can be a capable leader without carrying responsibility for everything.

Your next step

Awareness is the beginning.

Practice creates new possibilities.

Now that you've identified your Root Response, begin noticing when it shows up. Pay attention to three things:

01 The Trigger

What happened immediately before your automatic response?

02 The Response

What did you do next?

03 The Result

Did that response move you toward the outcome you wanted, or did it redirect you somewhere else?

You don't need to judge the response as good or bad. You simply need to become curious about what it's producing. Then you can begin practicing an alternative.

You don't have to respond perfectly. You can learn to respond differently.



Knowing what you want *is only part of the process.*

At Uprooted, we help successful women recognize the learned patterns influencing their behaviors, decisions, and relationships. Through personalized change coaching, we explore what triggers those responses and develop practical strategies for creating different results.

Learning how to respond when life interrupts your intentions is where meaningful change becomes possible.

Explore working with Uprooted ↗

rachelkrall.com/?page=booking

The Root Response Assessment is an educational self-reflection tool developed by Uprooted. It is not a clinical assessment, psychological diagnosis, or scientifically validated personality test. Your results reflect patterns suggested by your answers, not fixed traits or identities.