

UPROOTED



Your Root Response is

The *Peacekeeper*

You take care of everyone. But who's taking care of you?

Your results from the Root Response Assessment, with Rachel Krall

Understanding your pattern

The *Peacekeeper*

You may be the person everyone counts on.

You're thoughtful, considerate, and often aware of what other people need before they even ask.

These qualities can be tremendous strengths.

But sometimes you find yourself saying yes when you want to say no, avoiding difficult conversations, or taking responsibility for keeping everyone happy.

Eventually, you may feel exhausted, unsupported, or resentful.

Your Guarded side

When someone needs something or a relationship feels uncomfortable, you may automatically prioritize their needs over your own.

You maintain harmony in the moment, but your own needs can remain unexpressed.

Your Grounded side

You continue to be caring and compassionate while communicating honestly about your needs and capacity.

You allow other people to experience disappointment without assuming it's your responsibility to prevent it.

One response to practice *this week*

Before agreeing to another request, ask yourself:

"Do I genuinely have the time, energy, and desire to do this?"

Practice saying

"I'd love to help, but I don't have the capacity for that right now."

Remember

You can be kind without being responsible for everyone's comfort.

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.