

UPROOTED



*Your Root Response is*

# The *Escape Artist*

*When things get uncomfortable, you find a way out.*

Your results from the Root Response Assessment, with Rachel Krall

*Understanding your pattern*

# The *Escape Artist*

*You may be great at finding the bright side, keeping yourself busy, or moving forward.*

But sometimes, when uncomfortable emotions or conversations arise, your first instinct is to redirect your attention.

You might scroll your phone, change the subject, make a joke, stay busy, or find something more enjoyable to focus on.

These strategies can provide relief in the moment.

But they can also interrupt conversations and actions that would help you create the relationships you want.

## Your Guarded side

When discomfort arises, you may automatically redirect your attention toward something that feels easier or more pleasant.

You experience temporary relief, but the underlying issue may remain.

## Your Grounded side

You recognize the urge to escape and develop the ability to stay present long enough to decide how you want to respond.

You can still use humor, movement, or distraction intentionally without using them to avoid what matters.

# One response to practice *this week*

When you notice yourself wanting to change the subject or distract yourself, pause.

Ask: "What am I trying to get away from right now?"

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Try saying

*"This is uncomfortable for me, but I want to understand what's happening."*

Remember

*You don't have to enjoy discomfort to learn how to move through it.*

*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?

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### 02 The Response

What did you do next?

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### 03 The Result

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

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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 ↗**

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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.