

UPROOTED



*Your Root Response is*

# The *Fuse*

*You hold it together. Until you don't.*

Your results from the Root Response Assessment, with Rachel Krall

*Understanding your pattern*

# The *Fuse*

*You may be someone who handles a lot.*

You push through responsibilities, manage demands, and keep going even when you're frustrated or overwhelmed.

But sometimes the pressure builds until something small becomes the final straw.

You snap, become defensive, or express frustration more intensely than you intended.

And afterward, you may wonder why you reacted that way.

## Your Guarded side

When stress or frustration builds, you may continue pushing through instead of recognizing what you need.

Eventually, your emotional response can interrupt your intention to communicate calmly or stay connected.

## Your Grounded side

You learn to recognize the pressure before it reaches a breaking point.

Instead of waiting until you erupt, you communicate what you're experiencing and what you need.

You can still be passionate, direct, and expressive without allowing frustration to determine your response.

# One response to practice *this week*

When you first notice frustration building, pause and identify what you need.

---

Try saying

*“I’m getting overwhelmed, and I don’t want to take that out on you. I need a few minutes before we talk.”*

Remember

*You don’t necessarily need a longer fuse. You need to recognize what’s lighting 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?

---

---

---

---

### 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](https://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.