



Tired of Fixing, Rescuing or Caretaking

So many of my clients come to me feeling stretched too thin, overwhelmed, and anxious about whether they can possibly get everything done. When I ask what they need or what matters most to them, I often get the blank stare, as though I've asked them to explain quantum physics in Sanskrit. They can tell me what everyone else needs, who is upset, who needs help, and what has to happen next, but their own needs have become strangely hard to access.

That is often one of the signs that you are living from your adaptive persona. You have become so focused on meeting other people's needs that you are no longer listening for your own.

Whether this came from habit, survival, or capacities that never had the chance to fully develop, living this way is exhausting. It is output without input. Giving without receiving. Caring without allowing yourself to be cared for. Even when someone asks if you need anything, "I'm fine" or "I've got this" comes out before you have had a chance to tell the truth.

You do not have to keep living as though everyone else's needs are urgent and yours are optional.

There is another way to love, connect, and care without abandoning yourself.

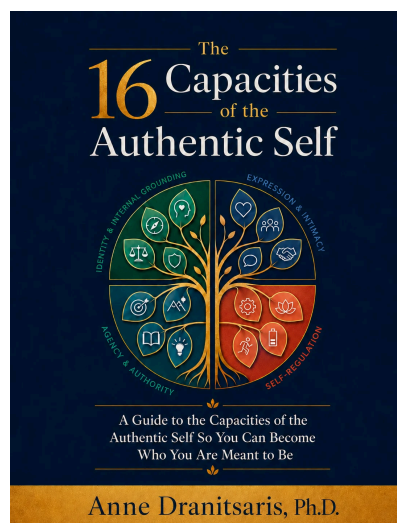
Find Out More

In this newsletter, I'm sharing a few recent articles, a free guide, and my latest book to help you understand why fixing, rescuing, caretaking, and overfunctioning can feel so automatic and what needs to develop so you can begin relating without abandoning yourself.

I have included a link to my free guide, **The 16 Capacities of the Authentic Self**. This guide will help you focus your attention on the areas you need to strengthen to live and love more authentically.

I've also included a link to my latest book, **Are Your Relationship Rules Ruining Your Happiness?**, for those who want to go deeper into the patterns that keep them fixing, rescuing, caretaking, and losing themselves in relationships.

Download the Free Guide



Contains a mini self-assessment for each capacity!

I created **The 16 Capacities of the Authentic Self** for people who are ready to stop treating themselves like a problem to solve.

This free guide helps you look at what may still need to develop within you so you can stay connected to yourself in relationships. It explores the inner capacities that help you hold onto your worth, regulate your emotions, express your needs, set limits, tolerate discomfort, and stop abandoning yourself when connection feels uncertain.

This is not about becoming perfect. It is about seeing where your adaptive persona has been working overtime and where your authentic self is ready to grow.

[Download the Free Guide](#)

Recent Articles

I've been writing significantly on Substack about the patterns that keep people stuck in overfunctioning, self-fixing, caretaking, and losing themselves in relationships. These articles explore the shift from trying to manage or correct yourself to understanding what your adaptive persona has been protecting and what needs to develop in your authentic self so real change becomes possible.

If one of these topics speaks to something you have been wrestling with, I hope you will take some time to read, reflect, and see your patterns with more compassion.

Living from Your Authentic Self Is Not Something You Decide to Do, It Is Something You Develop

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*16 Capacities of the
Authentic Self Guide*

The
16 Capacities
of the
Authentic Self

A Guide to the Capacities of the
Authentic Self So You Can Become
Who You Are Meant to Be

Anne Dranitsaris, Ph.D.

Download the **Free Guide** and Start Strengthening Your Authentic Self

Discover the 16 Capacities of the Authentic Self

[Read more](#)

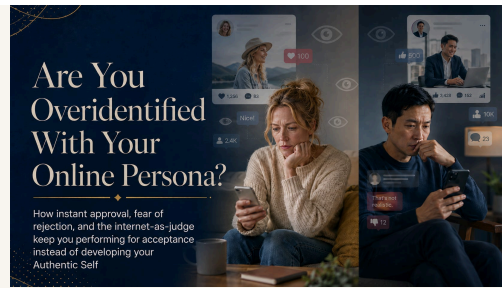
**Why More Self-
Improvement Does Not
Always Lead to Growth**

**Are You Overidentified
With Your Online Persona?**



Have you ever looked back and thought, “I have done so much work. This article is about a powerful shift: moving from “I need to fix myself” to “I am still developing.” When we see our emotional patterns as evidence that we are broken, we keep searching for the flaw. We gather more information, analyze our history, explain our reactions, and try to manage ourselves better. But insight alone does not create change. Often, it simply gives the adaptive persona more language to understand ...

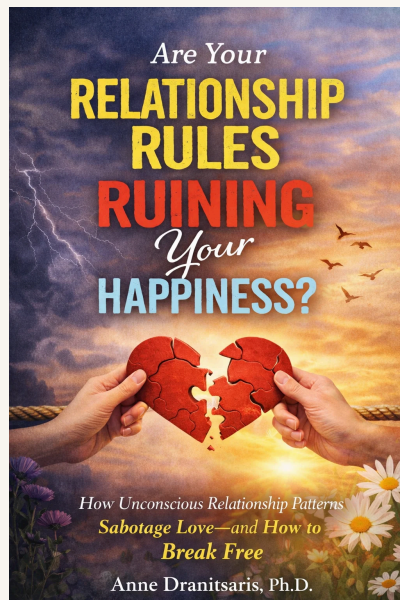
[Read more](#)



How instant approval, fear of rejection, and the internet-as-judge keep you performing for acceptance instead of developing your authentic self. How much of who you are online is really you, and how much is the person you’ve learned to become to feel accepted? This article looks at how social media can trigger anxious attachment, intensify our need for approval, and strengthen the adaptive persona we use to manage judgement and rejection. It explores why likes and recognition can ...

[Read more](#)

Are Your Relationship Rules Ruining Your Happiness?



How Unconscious Relationship Patterns Sabotage Love—and How to Break Free

This book explores the hidden patterns beneath common relationship struggles. You'll learn how unconscious relationship contracts form between people, often without either person realizing it. One person may become the overgiver, fixer, rescuer, manager, or emotional caretaker.

It helps you see the rules underneath the pattern so you can begin changing the way you love, give, react, and relate.

[Check Out the Book](#)



I hope these resources help you see your patterns with more compassion and begin strengthening the parts of yourself that have been waiting to develop.

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