

Inner Safety Blueprint

HOW SAFE DO YOU FEEL RECEIVING?



DISCOVER THE HIDDEN INNER SAFETY PATTERN
SHAPING YOUR ABILITY TO RECEIVE
AND WHY IT MAY FEEL HARDER THAN IT SHOULD.

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It's Not About Worthiness It's About Safety

You may believe you struggle with receiving love, rest, success, or support. But this isn't about not being ready, disciplined, or deserving. It's about how safe your body feels.

If your inner child experienced inconsistency, pressure, emotional neglect, or unpredictability, your nervous system may have learned that receiving isn't safe.

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So instead of allowing things in with ease, you may:

- feel anxious when things start going well
- push support away
- struggle to rest
- or shut down when things expand

This isn't a mindset issue.

It's a safety pattern.

Take the quiz to discover your inner safety pattern.



How safe do you feel receiving love, rest, wealth, success, and support?

Uncover the inner safety pattern
shaping your ability to receive

HOW IT WORKS

Choose the answer that feels most true for you.

There are no right or wrong responses—only patterns.

Each answer reflects a different inner safety response.

QUIZ QUESTIONS

1. When things in your life start going well, you tend to...

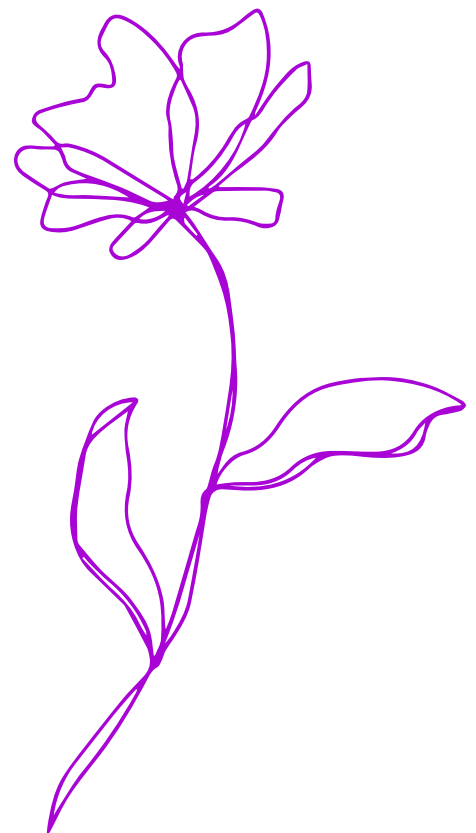
- A. Feel on edge, like something might go wrong
- B. Focus on maintaining it all yourself
- C. Feel overwhelmed or stuck
- D. Worry about how others feel about it

2. When someone offers you help, you usually...

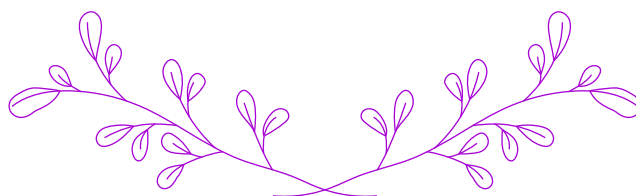
- A. Feel unsure if you can trust it
- B. Say no and handle it yourself
- C. Avoid responding or delay accepting
- D. Accept, but feel guilty or uncomfortable

3. How do you feel about resting?

- A. It's hard to fully relax
- B. It feels unproductive
- C. I shut down instead of truly resting
- D. I feel like I should be doing something else



4. When receiving love or affection, you...
- A. Stay guarded or cautious
 - B. Feel unsure how to fully let it in
 - C. Feel overwhelmed or disconnected
 - D. Focus on the other person more than yourself
5. When you think about increasing your income, wealth, or level of success...
- A. It feels stressful or like something could go wrong
 - B. It feels like more responsibility I have to manage alone
 - C. It feels overwhelming or hard to take action on
 - D. It makes me worry about how others will perceive me
6. When something feels emotionally intense, you tend to...
- A. Overthink or analyze it
 - B. Handle it on your own
 - C. Shut down or avoid it
 - D. Try to keep things peaceful
7. How do you respond to being supported consistently?
- A. I wait for it to change or disappear
 - B. I don't fully rely on it
 - C. It feels unfamiliar or hard to engage with
 - D. I worry about being too much
8. When you receive something without earning it, you feel...
- A. Suspicious or cautious
 - B. Uncomfortable
 - C. Disconnected
 - D. Guilty



9. When life feels uncertain, you...

- A. Try to stay in control
- B. Rely on yourself more
- C. Freeze or avoid decisions
- D. Focus on keeping things stable for others

10. Deep down, receiving more in your life feels...

- A. Unsafe
- B. Unreliable
- C. Overwhelming
- D. Undeserved

11. When you're offered something meaningful (love, opportunity, support, or money), you...

- A. Immediately question if it's safe or real
- B. Feel like you need to prove you deserve it
- C. Struggle to fully take it in or act on it
- D. Worry about what it will require from you emotionally

12. When you imagine fully receiving more love, rest, wealth, or success in your life, you feel...

- A. Alert, like you need to prepare for something
- B. Like you'd have to work even harder to keep it
- C. Unsure if you could actually hold it
- D. Concerned about how others might react to you

13. In moments where you could slow down and receive ease, you tend to...

- A. Stay mentally alert or busy anyway
- B. Think about what still needs to be done



- C. Feel restless or disconnected
- D. Focus on others who still need you

14. When consistency shows up in your life (love, support, money, stability), you...

- A. Wait for it to change or disappear
- B. Feel pressure to maintain it perfectly
- C. Feel uncomfortable when things are steady
- D. Feel responsible for keeping everyone else okay

15. If you fully trusted yourself to receive more without losing it, you would feel...

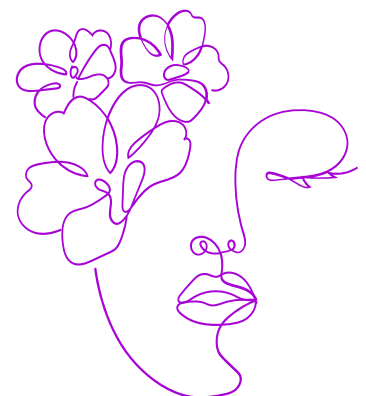
- A. Unsure if that's actually possible
- B. Like it would come with too much pressure
- C. Nervous about how to sustain it
- D. Worried about how it would change relationships

16. When you receive praise, recognition, or validation, you...

- A. Feel slightly uncomfortable or guarded
- B. Downplay it or redirect attention elsewhere
- C. Struggle to fully believe it
- D. Think about how to meet expectations going forward

17. When life feels calm and stable, you tend to...

- A. Wait for something to disrupt it
- B. Fill the space with productivity or tasks
- C. Feel uneasy without emotional intensity
- D. Focus on making sure others are okay



18. When you imagine fully expanding your capacity to receive (love, wealth, support, rest), you feel...

- A. Like something might go wrong if you do
- B. Like it would require constant effort to maintain
- C. Unsure if your system could handle it
- D. Concerned about being seen differently

19. When someone is consistently kind, available, or generous toward you, you...

- A. Question how long it will last
- B. Feel pressure to give back immediately
- C. Feel internally unsure how to receive it
- D. Start focusing more on their needs than yours

20. At your core, receiving more in life would require you to...

- A. Feel safe even when things are good
- B. Stop feeling like you have to do everything alone
- C. Trust yourself to hold expansion
- D. Stop managing how others perceive you

SCORING SECTION

Go back through your answers and count which letter appears most often:

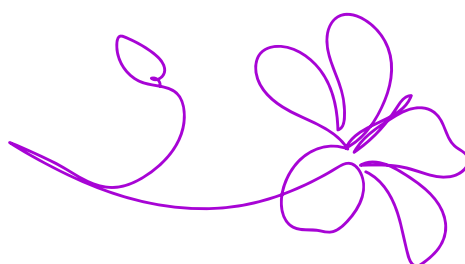
Mostly A → Hypervigilant Protector

Mostly B → Self-Reliant Survivor

Mostly C → Freeze Protector

Mostly D → Peacekeeper

If your answers were mixed, your dominant pattern is usually the one that shows up under stress, expansion, or receiving.



What your result actually means

Your result is not a personality type. It is a reflection of how your nervous system learned to relate to receiving. Receiving love, rest, wealth, success, and support is not just about opportunity or mindset. It is shaped by what your system has experienced as safe, predictable, or overwhelming. Because of this, your response to receiving is often automatic—not conscious.

What Your Pattern Is Trying to Do For You

Every pattern here has the same goal: to help you stay emotionally and physically safe. Even when it creates difficulty receiving, your system is still trying to protect you from:

- disappointment
- instability
- emotional overwhelm
- or loss of control

Your patterns are not random.

They are protective strategies that became familiar over time.

What This Means for Receiving in Your Life

Your ability to receive is not equal across all areas.

You may notice that:

love feels easier than wealth

success feels easier than rest

support feels easier than emotional closeness

or vice versa



This is because your nervous system assigns different levels of safety to each form of receiving.

So when something feels “blocked,” it is often not resistance—it is protection. Wing up most strongly in your life right now?

Your Nervous System & Receiving Patterns

Your nervous system is not trying to block receiving. It is trying to regulate you. Each pattern has developed its own way of creating safety.

A Key Insight Most People Miss

You do not reject receiving because you don’t want it. You adjust how much you allow based on how safe it feels in your body. This is why effort alone often doesn’t change the pattern. Your system has to learn safety through experience, not logic.

Your First Step

Before anything changes externally, your system needs one thing: permission to notice safety and unsafety without judgment.

Start observing:

- When do I feel open to receiving?
- When do I pull back or tighten?
- What changes internally in those moments?

This awareness alone begins to shift the pattern over time.

Closing Reflection

What part of your result felt the most accurate for you?

Where do you notice this pattern showing up most strongly in your life right now?

Next, you’ll discover your archetype and how your nervous system uniquely relates to receiving.

Mostly a's — hypervigilant protector

You are the Hypervigilant Protector

Your system stays in a state of alertness, even when life is going well. Safety for you is not felt through what is happening—it is felt through what could potentially go wrong.

Because of this, receiving often comes with tension, scanning, or subtle unease.

How this shows up in your life

You may notice:

- difficulty relaxing even in safe situations
- feeling “on edge” when things are going well
- overthinking support, love, or opportunities
- struggling to fully enjoy rest or ease
- feeling like you need to stay prepared at all times

How this affects receiving

Receiving love, rest, wealth, success, and support can feel unsafe—not because you don’t want it, but because your system associates safety with vigilance. So even positive experiences may be met with internal monitoring.

What your system is trying to do

Your nervous system is trying to protect you from unpredictability. Staying alert has likely helped you navigate inconsistency in the past. This response is not a flaw—it is a learned survival strategy.

A gentle shift in awareness

You don’t need to stop being aware. You are being invited to notice:

“Am I in the present moment, or in anticipation of the future?”

Even small moments of returning to the present begin to soften this pattern.

Micro regulation practice

Try:

- extending your exhale slightly longer than your inhale
- placing both feet on the ground and noticing pressure
- naming 3 things you can see right now

Mostly b's — self-reliant survivor

You are the Self-Reliant Survivor

Your strength has been built through independence. Over time, self-reliance became not just a skill—but a safety structure. Receiving may feel unfamiliar, unnecessary, or emotionally uncomfortable.

How this shows up in your life

You may notice:

- preferring to handle everything alone
- discomfort asking for help
- feeling responsible for maintaining stability
- struggling to trust consistency in others
- feeling uneasy when supported too easily

How this affects receiving

Receiving love, rest, wealth, success, and support can feel like loss of control. Even when it is available, your system may default to “I’ll handle it.”

What your system is trying to do

Your nervous system learned that depending on yourself was the most reliable form of safety. This is not resistance—it is adaptation.

A gentle shift in awareness

You are not being asked to become dependent. You are being invited to notice: “What happens in me when I don’t have to carry everything alone?”

Micro regulation practice

Try:

- accepting something small without returning it immediately
- pausing before saying “I’ve got it”
- noticing physical relaxation when support is present

Mostly c's — freeze protector

You are the Freeze Protector

When life feels overwhelming or emotionally intense, your system slows down. This is not avoidance—it is protection through stillness. Your nervous system reduces activation to create safety.

How this shows up in your life

You may notice:

- feeling stuck or unable to move forward
- procrastination during important opportunities
- emotional numbness or disconnection
- difficulty initiating action
- shutting down when overwhelmed

How this affects receiving

Receiving love, rest, wealth, success, and support can feel like too much to hold at once. So your system pauses, delays, or disconnects.

What your system is trying to do

Your nervous system is protecting you from overload. Slowing down is how it prevents overwhelm. This is not failure—it is regulation through reduction.

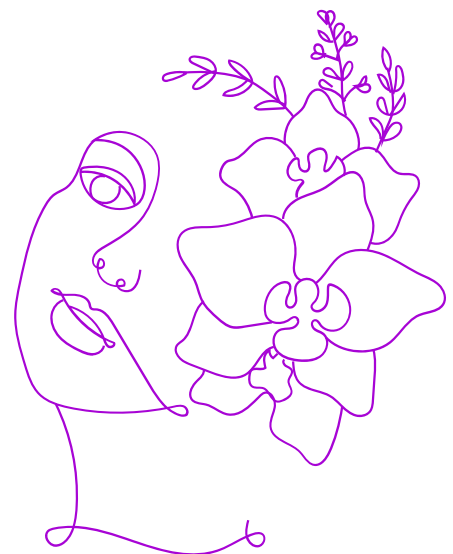
A gentle shift in awareness

Instead of forcing movement, notice: “What is the smallest safe step I can take right now?”

Micro regulation practice

Try:

- gentle stretching or walking
- looking around your environment slowly
- completing one very small task only



Mostly d's — peacekeeper

You are the Peacekeeper

Your system has learned that safety is maintained through emotional awareness of others. Harmony becomes more important than personal need.

How this shows up in your life

You may notice:

- prioritizing others' emotions over your own
- difficulty receiving without guilt
- avoiding conflict or tension
- feeling responsible for emotional balance
- minimizing your own needs

How this affects receiving

Receiving love, rest, wealth, success, and support can feel uncomfortable when it shifts focus toward you. Your system may associate receiving with emotional responsibility.



What your system is trying to do

Your nervous system is trying to maintain connection and avoid disruption. This pattern was likely adaptive in environments where emotional stability depended on you.

A gentle shift in awareness

You are not being asked to stop caring for others. You are being invited to notice: "Where am I in this moment?"

Micro regulation practice

Try:

- pausing before agreeing to something
- asking "what do I need right now?"
- noticing your emotional state before responding to others

“Integration: your receiving pattern

Your result is not a fixed identity. It is a reflection of how your nervous system currently relates to receiving.

Across all four patterns—Hypervigilance, Self-Reliance, Freeze, and Peacekeeping, the deeper truth is the same:

Your system is always trying to create safety in the way it knows how.

What this really shows you

You are not struggling with receiving because something is wrong with you. You are responding to patterns your nervous system learned through experience. This means your responses are adaptive—not random. And anything that was learned can also be softened over time.

A deeper truth to take with you

Receiving love, rest, wealth, success, and support is not just about effort or mindset. It is about capacity. And capacity is built through safety, not pressure.

What changes everything

Awareness is the first shift. Not fixing. Not forcing. But noticing:

- Where do I tighten when I receive?
- Where do I pull back?
- Where do I feel safest—and why?

This is where transformation begins.

Closing reflection

What feels most true for you after seeing your full pattern?

What do you now understand differently about yourself and receiving?

If you are noticing how deeply these patterns influence your ability to receive love, rest, wealth, success, and support, you are already doing the beginning level of this work.

This workbook is designed to bring awareness to your pattern.

The next layer of this work is learning how to create safety in your nervous system so these patterns can begin to shift at a deeper level.

If and when you feel ready to continue, this is the work I guide inside my program: **Rooted: Inner Child Safety**

A space dedicated to helping you build internal safety, reconnect with your inner child, and gently shift the patterns that affect how you receive and experience life.

For now, take your awareness with you.
That alone is the beginning of change.



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Thank you!

