



A FREE GUIDE FROM STELLA NORSEN

# Where Are You Giving *Your Life* Away?

Seven direct questions to find the decision, the relationship or the old rule that is quietly taking more power than it deserves.

## BEFORE YOU START

# This is not an investigation into everything that has ever been wrong with you.

You are here because something, somewhere, no longer fits. Maybe you know exactly what it is. Maybe you only know the feeling: something has to change. That is enough to begin.

Please read with curiosity, not with a case against yourself. Understanding a pattern now does not mean you should have understood it then. Context matters. It does not excuse behaviour that needs to change. It simply gives us a better starting point than shame.

Choose **one** area of your life to use while you answer: a relationship, your work, your money, a decision you keep putting off, a boundary you keep not holding. Do not try to fix twelve patterns at once. One is plenty.

Answer honestly. Nobody is grading this. Write in the margins, on a napkin, in your notes app. Then, at the end, we will look at what your answers point to.

**Scope.** This is a personal development tool, not a diagnostic instrument. It is not a substitute for medical, psychological, legal or financial care. If you are in danger or in real distress, please contact your local emergency services or a crisis line first.

## QUESTION 1 · RECOGNITION

What do you already know has to change, and have not changed yet?

Not the whole list. The one thing that comes up first, before your brain arranges it into something more respectable.

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## QUESTION 2 · THE SCENE

When did it last happen, in ordinary life? Describe it like a scene, not a summary.

Who was there. What was said. What you felt in your body. What you did next. Patterns hide in summaries and show themselves in scenes.

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### QUESTION 3 · MEANING

What did you decide it meant about you, about them, or about what is possible?

"If I say no, I am selfish." "If I leave, I have failed." "If I ask, I am too much." The meaning is usually older than the situation.

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### QUESTION 4 · THE OLD RULE

Finish this sentence: "I learned that I must..." Who taught you that, and what did it protect?

Do not disappoint people. Do not change your mind. Keep the peace. Be grateful. Finish what you started even when it is finishing you. Some rules sound responsible only because they have been in the family for years.

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#### QUESTION 5 · EVIDENCE AGAINST POTENTIAL

What keeps happening? And what do you keep hoping will happen instead?

Two columns. Be fair to both. Hope matters. What repeats deserves a vote too.

What keeps happening

What I hope will happen

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#### QUESTION 6 · THE BILL

What has this cost you in the last three months? What might another year cost?

Time, energy, sleep, confidence, money, anger, and the quiet loss of trust in your own word. Name the cost without turning it into a punishment. Honesty is not cruelty. It is how you stop pretending the current choice is free.

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What is one honest move you could make this week that would give you new information?

Not the whole decision. One visible action that can reach the calendar: send the email, say the sentence out loud, book the appointment, cancel the thing, ask the question. Confidence is welcome, but it is not required at reception.

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## Now look at your answers.

Most people find their seven answers point at one of five patterns:

- **Approval** is making too many of your decisions. You check everyone else's comfort before your own truth.
- **Waiting** has become a way of life. You need certainty, confidence or the perfect plan before you move.
- **Potential** is outvoting the evidence. What could be keeps giving what actually happens another extension.
- **Overload**. You carry what is not yours, because helpful quietly became responsible for everybody.
- **An old rule** is running a current life. A should, a must or a cannot is still deciding, long after the situation changed.

Whichever it is, this is not a verdict on who you are. It is a clue about where your power keeps leaving the room before you do. And a clue is enough to begin.

## ONE LAST THING

# You do not have to do this part alone.

You have just done something most people avoid for years: you looked honestly at what is happening and what it is costing you. That is the hard part. What comes next is easier, and it goes much faster with someone sitting on your side of the table.

### **Bring me the real situation.**

The Take Back Your Life Strategy Session is 30 private minutes with me, free for new clients and normally worth €47. We name what is happening, count what it costs and choose your strongest next move. Book it at [calendly.com/stellanorsen/free-strategy-session](https://calendly.com/stellanorsen/free-strategy-session)

### **Cannot afford coaching right now?**

Every month I choose one person and give them a full private coaching session, completely free. Free to enter, nothing to buy. [stellanorsen.com/free-session.html](https://stellanorsen.com/free-session.html)