

WHAT HEALTHY ACTUALLY FEELS LIKE: A REFERENCE GUIDE

A FREE INSIGHT MINI GUIDE



by Susan Taylor,
MSW, RSW

Therapist & Founder

Insight Therapy and Consulting

An Insight
Framework

Insight Mini Guide Series

THE INSIGHT

If you've spent years in patterns of overfunctioning, people pleasing, self-abandonment, or relational chaos, you may not have a clear internal reference for what healthy actually feels like. You may know what you don't want. You may know what hurts. But the absence of pain is not the same as the presence of health, and without a picture of what you're moving toward, it's easy to keep settling for what's familiar.

Healthy does not mean perfect. It does not mean never fighting, never struggling, never feeling insecure or triggered or unsure. Healthy means having a baseline of safety, honesty, and mutual care from which the inevitable difficulties of life and love can be navigated. It's the presence of resources for handling problems together.

In a healthy relationship, you can express what you need without being punished for it, and you can hear what the other person needs without being destroyed by it. Conflict happens, but it doesn't usually feel dangerous. Repair happens, and it feels genuine, not coerced. You are able to be honest about your feelings, and the other person is generally able to receive them without defensiveness or retaliation. You both take responsibility for your own behaviour. You both apologize when you've caused harm.

In a healthy relationship with yourself, you treat yourself with the same consideration you offer others. You notice your own

needs and attend to them. You speak to yourself with warmth, or at least with less cruelty. You allow yourself to rest, to want things, to change your mind, to be imperfect. You trust yourself enough to make decisions and flexible enough to revise them when needed. You are, increasingly, a safe place for yourself to land.

Healthy feels quieter than chaos. It can feel unfamiliar, even unsettling, if you're used to intensity and drama. It can feel like something is missing, when what's missing is the familiar anxiety of an old pattern. Healthy doesn't demand constant vigilance. It doesn't require you to perform or earn or prove. It allows you to exhale. That exhale is the feeling you're learning to recognize.

THE ACTION

One Thing You Can Try Today

Identify one moment this week when you felt safe, respected, and able to be yourself. It might have been a conversation, a quiet moment alone, or an interaction with someone you trust. Write it down. What did it feel like in your body? What made it possible? This is helpful information. Collect enough, and you'll start to recognize what healthy feels like for you.



THE REFLECTION

Want to Go More In-Depth?

All four of my frameworks are designed to help women move from patterns of self-abandonment and exhaustion toward something healthier and more sustainable. The workbooks provide structured paths for understanding where your patterns came from and how to begin shifting them. You can also take the free Pattern Quiz to discover which pattern is running your life right now.

The Good Girl Contract Workbook is available for purchase here: **[Good Girl Contract Workbook](#)**. The other workbooks are under construction and will be available for purchase shortly.

You can also take the **free Pattern Recognition Quiz** [here](#) to discover which pattern is running in your life right now.

I offer virtual therapy across Ontario for women who are ready to understand their patterns and build lives that feel authentic and sustainable. If that's you, I'd love to hear from you. Book a session with me and/or ask a question here: **[Insight Therapy and Consulting](#)**.

Let's talk about it.

Susan Taylor, MSW, RSW
[Insight Therapy and Consulting](#)