

WHO AM I?

A FREE INSIGHT MINI GUIDE



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Insight Therapy and Consulting

An Insight
Framework

Insight Mini Guide Series

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THE INSIGHT

If the question stopped you for even a moment, you're not alone. Many women reach a point where they realize they've been defining themselves through their roles for so long that the person underneath has become hard to locate. You know who you are in relation to others. Mother, partner, daughter, employee, friend. But who are you when nobody needs anything? Who are you when the roles fall away, and it's just you, alone with yourself? If the answer feels blank or frightening, that's not evidence that you're empty. It's evidence that you've been living inside an arrangement that positioned you to disappear, and you've lost touch with the woman underneath.

Identity is not fixed. It's something you build and rebuild across a lifetime. But building requires a foundation, and the foundation is self-knowledge. What do you value? What do you need? What do you want? What brings you alive? What breaks your heart? What makes you angry in a way that tells you something important about what you believe? If you can't answer these questions, it's not because the answers don't exist. It's because you've been ignoring the internal signal for so long that it's grown faint.

The loss of identity many women experience is not a personal failure. It's a predictable outcome of living in a culture that defines women by their usefulness to others. Reconnecting with who you are is not a luxury. It's the foundation of a life that feels like your own.

THE ACTION

One Thing You Can Try Today

Set a timer for five minutes. On a blank page, write at the top: "Who am I when nobody needs anything?" Write whatever comes. Don't edit. Don't judge. Don't worry if it sounds silly or incomplete. Just write.

If nothing comes, write "I don't know" until something shifts. The goal is not to produce a definitive answer. The goal is to begin the conversation with yourself. You've been silent for a long time. Any honest words are a step back toward your own voice.



THE REFLECTION

Want to Go More In-Depth?

The Self-Abandonment Set-Up Workbook is dedicated entirely to understanding how women are positioned to lose themselves and how to begin reclaiming identity, voice, and self-connection. The Pattern Loop addresses how identity can become defined by old scripts and how to begin writing something new. 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.

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