

OVERFUNCTIONING

A FREE INSIGHT MINI GUIDE



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Insight Therapy and Consulting

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THE INSIGHT

You're the one everyone counts on. You remember the deadlines, anticipate the needs, notice the tension in the room before anyone says a word. You step in before you're asked, handle things before they become problems, and carry more than your share because it's easier than waiting for someone else to pick it up, and anyway, they probably won't. You're not sure when you became the person who holds everything together. It happened so gradually you didn't notice until you were already doing it.

Overfunctioning is doing more than your share, more than is reasonable, more than is sustainable, and often more than anyone actually asked you to do. It's not the same as being capable or responsible or good at what you do. Those are strengths. Overfunctioning is what happens when those strengths run on overdrive, driven by guilt, fear, or the unconscious belief that your worth depends on your output. You are not just handling a few things; you are handling everything, and you've been doing it for so long you've stopped noticing the cost.

The roots of overfunctioning often run deep. Many of us learned early that being helpful kept us safe, that being competent made us valuable, that being indispensable protected us from being abandoned. We were praised for being mature beyond our years, which often meant we had stopped asking for help, stopped complaining, stopped being children the way children are supposed to be allowed to be.

THE INSIGHT

Later, relationships and workplaces reinforced the pattern. We became the fixers, the planners, the ones who stayed late and said yes and never dropped a ball. The world rewarded us for it, until we were so exhausted we couldn't remember what it felt like to receive instead of give.

Overfunctioning doesn't just exhaust you. It creates an imbalance in your relationships. When you do everything, other people learn to do nothing. You start to feel invisible, resentful, and unappreciated. Overfunctioning can be a form of control, a way of ensuring things are done right by doing them yourself. It can also be a form of safety or hiding, a way of staying so busy meeting everyone else's needs that you never have to face your own.

THE ACTION

Pick one task, one responsibility, one thing you normally handle, and deliberately leave it undone. Choose something small, like an email you would normally answer immediately, a household task you would normally do without being asked, a problem you would normally solve before anyone noticed it existed.

Let it sit. Do not explain. Do not apologize. Just let it be undone for twenty-four hours and watch what happens. Most of the time, nothing catastrophic happens. Someone else picks it up, or it turns out it didn't need doing, or the world continues spinning without your intervention.

The point is not to abandon your responsibilities, but to test the belief that everything depends on you. It doesn't. Some things will get done without you. Some things didn't need doing in the first place. Some things can be someone else's job, and you've been doing them for so long that everyone expected it. Letting one thing drop is how you begin to distinguish what is actually yours from what you inherited by default.

THE REFLECTION

Want to Go More In-Depth?

This mini guide is an introduction. The full **Exhaustion Cycle Workbook** includes a detailed exploration of the **Overdoing** stage and practical steps for stepping out of the cycle. **The Good Girl Contract Workbook** addresses the **Self-Sacrifice** and **Achievement Clauses** that often drive overfunctioning.

The Exhaustion Cycle Workbook is currently under construction, but you can purchase the Good Girl Contract workbook here: [Good Girl Contract Workbook](#), or take the **free Pattern Recognition Quiz** on my website [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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