



WHY YOU  
UNDERSTAND  
YOURSELF...  
BUT STILL LOSE YOURSELF  
*in Relationships*



THE MISSING NERVOUS SYSTEM PIECE  
MOST ATTACHMENT AND PERSONAL GROWTH  
WORK NEVER EXPLAINS

♥ COMPANION WORKBOOK ♥

*Reflection. Recognition. Return.*

*Lisa DePamphilis*

EMBODIED • ROOTED • PRESENT





## Welcome!

Before we begin, I want to tell you something I wish someone had told me years ago.

There was a time when I genuinely believed I needed more healing.  
More insight.  
More understanding.  
More spiritual growth.

Because I couldn't understand why I could feel so calm, wise, compassionate, and connected to myself one moment... and then completely lose access to those qualities inside certain relationships.

It was confusing.  
And honestly, it was often painful.

What I eventually discovered changed everything.  
The issue wasn't a lack of awareness.  
The issue was that my nervous system still didn't feel safe enough to access that awareness during moments of emotional pressure.

This workbook is designed to help you begin exploring that possibility for yourself.

Move slowly.  
There are no right answers.  
No grades.  
No perfect responses.

Just an opportunity to become more curious about what happens inside you when relationships become emotionally challenging.

Let's begin.



## PART ONE

# THE PRESENCE GAP™

One of the most important questions we can ask is this:  
Who am I when I feel safe?  
And who do I become when I don't?

For many women, the difference between those two experiences is enormous.

This is what I call the Presence Gap™.

The distance between the self you can access when calm and the self you can access when emotionally activated.

### **Reflection**

When I feel grounded and emotionally safe, I am:

**When I feel connected to myself, I tend to be:**

- Compassionate
- Thoughtful
- Calm
- Warm
- Open
- Curious
- Loving
- Trusting
- Creative
- Present
- Other:

*Now take a breath.*



## PART ONE

### THE PRESENCE GAP™

Think about a recent conflict, disappointment, misunderstanding, or emotionally difficult interaction.

**During emotional activation, I tend to become:**

- Defensive
- Anxious
- Overwhelmed
- Shut down
- Numb
- Angry
- Critical
- Withdrawn
- Hypervigilant
- Disconnected
- Other:

#### **Journal Reflection**

What qualities become difficult for me to access when I feel emotionally unsafe?



## PART TWO

# YOUR ATTACHMENT BLUEPRINT

Attachment is not what you consciously believe.  
Attachment is what your nervous system expects.

Take a moment and answer honestly.  
Not from who you wish you were.  
Not from what you've learned.  
But from what feels true in your body.

**When relationships feel uncertain, I often find myself:**

- Seeking reassurance
- Monitoring changes in tone
- Overthinking interactions
- Pulling away emotionally
- Becoming independent quickly
- Assuming something is wrong
- Avoiding difficult conversations
- Shutting down emotionally
- Becoming defensive
- Trying harder to earn connection
- Losing trust quickly
- Feeling confused about what is true

### **Reflection**

What does my nervous system seem to expect from relationships?



## PART ONE

# THE PRESENCE GAP™

Complete the sentences below.

People usually...

Conflict usually means...

Love usually feels...

If I express my needs...

If someone is upset with me...



## PART THREE

# DISCOVERING YOUR PROTECTION PATTERN

**Protection is not a flaw.**

Protection is what the nervous system does when it believes connection may be threatened.

**Most women have one or two primary protection patterns.**

Let's explore yours.

### FIGHT

When I feel emotionally threatened, I may:

- Become defensive
- Become critical
- Blame others
- Feel irritated quickly
- Need to prove my point
- Become controlling
- Feel anger before sadness

**Total Checked: \_\_\_\_\_**

### FLIGHT

When I feel emotionally threatened, I may:

- Overthink
- Analyze everything
- Replay conversations
- Obsess about outcomes
- Search for certainty
- Become restless

**Total Checked: \_\_\_\_\_**



## PART THREE

# DISCOVERING YOUR PROTECTION PATTERN

### FREEZE

When I feel emotionally threatened, I may:

- Go blank
- Lose words
- Shut down
- Feel numb
- Withdraw
- Feel stuck

**Total Checked:** \_\_\_\_\_

### FAWN

When I feel emotionally threatened, I may:

- People-please
- Avoid conflict
- Prioritize others
- Ignore my needs
- Minimize myself
- Say yes when I mean no

**Total Checked:** \_\_\_\_\_

### Reflection

Which protection pattern feels most familiar?

How do you think this pattern has been trying to help you?



## PART FOUR

# YOUR ACTIVATION MAP

**Think about a recent trigger.**

Not your biggest trigger.

Just a recent one.

What happened?

**What did you notice in your body first?**

- Tight chest
- Racing heart
- Stomach tension
- Shallow breathing
- Numbness
- Heat
- Collapse
- Other:

**What thoughts appeared?**

**What protection response followed?**

- Fight
- Flight
- Freeze
- Fawn

**What happened afterward?**



## PART FIVE

# NERVOUS SYSTEM CAPACITY

Rate yourself from 1–10.

1 = Very Difficult

10 = Usually Available

I can remain present during conflict.

I can tolerate uncertainty.

I can express my needs.

I can hear feedback without collapsing.

I can stay connected to myself when emotional.

I can recover after activation.

I can remain compassionate while upset.

I can tolerate relational discomfort.



## PART FIVE

# NERVOUS SYSTEM CAPACITY

### Reflection

Which area feels strongest?

Which area would create the biggest shift if it improved?



## **PART SIX**

# **THE EMBODIED PRESENCE PRACTICE™**

The next time you notice activation beginning, move through these five questions.

### **NOTICE**

What am I feeling right now?

### **ORIENT**

What is actually happening in this moment?

### **SLOW**

Can I soften my pace by ten percent?

### **STAY CONNECTED**

What do I need right now?

### **RESPOND**

What would connection choose here?



## A FINAL NOTE

**If this workbook has shown you anything, I hope it has shown you this:**

You are probably not broken.

You are probably not failing.

And you are probably not lacking awareness.

Many of the patterns you've identified here developed because your nervous system was trying to protect something important.

Protection is not the enemy.

The goal isn't to get rid of it.

The goal is to recognize it sooner.

To meet it with curiosity.

To remain connected to yourself while it unfolds.

From my experience, healing rarely happens through force.

It happens through relationship.

Moment by moment.

Conversation by conversation.

Choice by choice.

And sometimes it begins with something surprisingly simple.

*Noticing.*

With love,

Lisa DePamphilis

Embodied Presence Framework™



## ABOUT LISA

Lisa DePamphilis is the creator of Embodied Repair™ and the Embodied Presence Framework™. After decades working in health, wellness, counseling, and personal growth, she became fascinated by a question many self-aware women quietly carry:

Why do we lose access to ourselves when relationships become emotionally difficult?

Her work explores the intersection of nervous system healing, attachment patterns, emotional safety, and embodied repair.

Through her teachings, workshops, and private mentorship, Lisa helps women learn how to return to themselves after conflict, emotional activation, shutdown, defensiveness, and self-abandonment. Rather than focusing on perfection, her work centers on helping women reconnect with themselves and others when emotional pressure makes that feel hardest.

She is the founder of Embodied Repair™ and host of the Embodied Repair YouTube channel, where she teaches practical, compassionate approaches to staying present, connected, and grounded in real-life relationships.

[You can find out more on her website.](#)

[Find more in depth teaching on her Substack.](#)

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