
Meet Your Friend the Overfunctioner

A part of you works really hard in all areas of your life: relationships, work, spirituality...you name it! She has very good intentions, and is afraid if she eases up something bad will happen. Befriending her restores calm and clarity.

Find your friend the overfunctioner:

Think of a time when you were overwhelmed by all of your responsibilities. Have you been trying to fix everyone and everything? Maybe there's a particular relationship where you feel you are shouldering all of the weight.

Focus on her:

Focus on the relationship or scene. Notice what you feel in your body – tension, tingling, agitation. What emotions surface? Are there thoughts? If it's helpful, write down what you're noticing. Your overfunctioner is starting to show herself to you. Let's get to know her better.

Befriend your hard-working overfunctioner:

It might feel like *all* of you is working hard *all* the time, but she is just one essential member of your inner family. When you meet someone for the first time, curiosity is the most important quality to offer. Genuine interest in another person's story creates connection. It builds her trust that you care and creates safety for vulnerability. Notice if you are curious to learn more about your overfunctioner.

If you aren't curious, another part of you is blocking your heart. Just ask it, gently and respectfully, if it would be willing to step aside so you can begin to connect with the overfunctioner. Usually, that's enough to open some space for curiosity.

Allow your curiosity to guide the conversation. Ask her things like, "Tell me more about the job you're doing?" "What do you hope will happen?" "Do you like your job?" Notice how she responds to your attention. Sometimes just offering loving attention will allow her to relax. Let her know she's not alone; it's not all up to her. Ask what she needs from you.

This is just the beginning!

Relationships require time and attention. If you want more calm and confidence, and more clarity about boundaries, spend time with your overfunctioner. She will relax and start trusting you as a resource.