



# AUTOPILOT NO MORE

THE FASTEST WAY TO SPOT YOUR SURVIVAL STYLE—  
ACROSS WORK, LOVE, AND THE DREAMS  
YOU KEEP DELAYING



# HELLO, I'M TANIYA



For 30 years, I have been supporting children, young people, and families in crisis as a social worker and counselor-therapist. I've worked with hundreds of individuals, one-to-one and in groups: survivors of child abuse, domestic violence, knife crime, school exclusion, child criminal and sexual exploitation, misdiagnosis of special educational needs. People who felt misunderstood, desperate to be respected, seen, and heard.

When you hold space for others, it takes a toll. Between August 2017 and February 2018, I had a breakdown. That breakdown forced me to face the patterns that were running my life and keeping me on autopilot.

The overgiving. The people-pleasing. The perfectionism. The constant need to prove my worth. Facing all of this wasn't easy. That dark night of the soul — seven long months — became my breakthrough.

I birthed my business and discovered a more honest, self-compassionate version of myself.

Now I work with high-achievers who carry the same patterns: people-pleasing, overgiving, perfectionism. You've mastered success in some areas of your life, but these patterns still persist in others.

That's why I created this quick assessment — so you can finally see your autopilot patterns, and start shifting them.

*Taniya Hussain*

LET'S DIVE IN!





# DO YOU RECOGNIZE THIS PATTERN?

You're brilliant at solving everyone else's problems, but when it comes to your own life, you:

- **Overthink** instead of taking action on what you actually want
- **People-please** in relationships while being decisive at work
- **Procrastinate** on personal goals despite crushing professional deadlines
- **Over-control situations** when you feel uncertain about the outcome
- **Withdraw emotionally** when things get intense or conflict arises
- **Feel stuck** when it's time to make changes that matter to you
- **Say "I'm fine"** even when you're not to avoid being a burden

These patterns aren't random — they follow you from the boardroom to the living room, and even into the goals you set for yourself.





# QUICK ASSESSMENT: MAP YOUR AUTOPILOT

Look honestly at how you respond when your nervous system detects "threat" (even good change):

## At Work

When facing uncertainty, deadlines, or conflict:

- ☐ **Fight:** Control every detail, push harder, get frustrated when others don't keep up
- ☐ **Flight:** Avoid confrontation, delegate conflict away, procrastinate on difficult conversations
- ☐ **Freeze:** Overanalyze options, get paralyzed by too many opinions, delay decisions
- ☐ **Fawn:** Take on extra work to keep peace, say yes to unreasonable requests, manage everyone's emotions



## In Relationships

When intimacy increases or conflict arises:

- ☐ **Fight:** Argue your point, try to win, get defensive about your choices
- ☐ **Flight:** Withdraw emotionally, keep things surface-level, change difficult subjects
- ☐ **Freeze:** Go silent during conflict, shut down emotionally, avoid relationship decisions
- ☐ **Fawn:** Over-compromise, manage their feelings, lose yourself to keep the peace

# With Personal Goals

When pursuing what you actually want:

- ☐ **Fight:** Force outcomes, work harder when things don't flow, bulldoze obstacles
- ☐ **Flight:** Abandon projects when uncomfortable, distract yourself with work, procrastinate indefinitely
- ☐ **Freeze:** Research endlessly without acting, wait for perfect conditions, overthink until opportunities pass
- ☐ **Fawn:** Put everyone else's needs first, seek approval before acting, ask permission to pursue what you want



## YOUR NOTES:

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# WHAT YOUR PATTERNS REVEAL

## **If you checked mostly the same response across areas:**

You have a **dominant survival pattern** that takes over when you're stressed.

## **If your responses vary by area:**

You're using different survival strategies in different parts of your life - common for high achievers who've learned to "succeed" in some areas while struggling in others.

**If you checked mostly FIGHT:** You're likely a natural leader who gets things done, but may struggle with control and trusting others when you feel uncertain.

**If you checked mostly FLIGHT:** You're probably great at staying busy and productive, but may avoid the deeper conversations and decisions that actually matter to you.

**If you checked mostly FREEZE:** You probably have high standards and fear making the "wrong" choice, so you stay stuck in analysis instead of taking action.

**If you checked mostly FAWN:** You're likely excellent at reading rooms and managing others' emotions, but struggle to know what YOU actually want.





# AWARENESS IS THE FIRST STEP—BUT NOT THE LAST

You've just mapped your autopilot.

You've seen how your nervous system reacts—at work, in relationships, and in your personal goals.

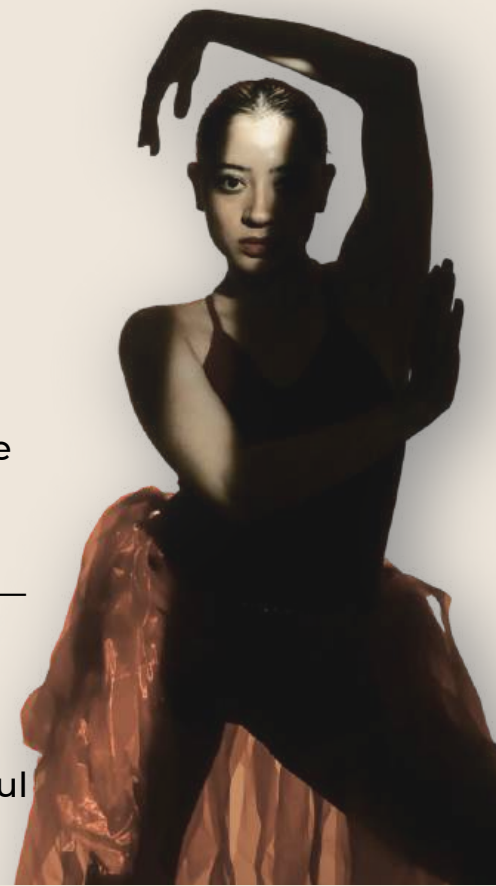
But here's the truth:

These patterns aren't just habits — they're wired into your nervous system. Powered by your subconscious mind—the part of you that learned, long ago, how to stay safe.

To change them, you have to re-train your body and mind—so that choice is available even when the pressure is on.

You can do this on your own—many women do.

But when life pushes back (and it always does), it's powerful to have a guide who can hold space for your expansion.



## READY TO TAKE THE NEXT STEP -LIVE AND IN PERSON?

**Born to Flow** is a live, 6-hour workshop in Central London for high-achieving women ready to shift survival patterns into self-leadership.

📅 Saturday, 15 November  
📍 Central London

Together, we'll go beyond naming the pattern. You'll learn how to work with it — through your body, energy, and nervous system.

You'll leave knowing:

- **Why** your nervous system reacts the way it does
- **What** your shadow is trying to protect
- **How** to choose a different response when it matters most

This isn't about staying calm.

It's about reclaiming your energy, your voice, and your ability to lead yourself—especially under pressure.

[Secure your seat now](#)

📧 Questions? [contact@taniyahussain.org](mailto:contact@taniyahussain.org)





# CAN'T JOIN THE LIVE WORKSHOP?

Your journey doesn't have to stop here. You have two other ways to go deeper:

## READ DANCING WITH DARKNESS BOOK

Part memoir, part practical guide, this international bestselling book shares Tamara's story and the practice of Shadow Alchemy.

Inside, you'll learn how to:

- Identify shadow patterns that keep you stuck
- Shift them into light so you can move forward
- Find freedom in both your shadows and your strengths

[Grab your copy on Amazon](#)



## THE REFLECTIVE SPACE SESSIONS – PRIVATE 1:1 WORK

For women who want more personal support, I offer 8 private sessions (on Zoom or in person).

Together we'll:

- Pinpoint where you're stuck
- Work through the shadow patterns shaping your choices
- Build practical ways to step into FLOW across work, love, and life
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You'll have 10 months to use your sessions. Only 3 places are open at a time.

👉 [Learn more about private sessions](#)