



# I Want to Hear My Own Voice Again

*How to reconnect with yourself when you've spent years listening to everyone else*

Overthinking Reset

Lisa Buhman, MS

Becoming Sanctuary

# You Didn't Lose Yourself Overnight

---

There usually isn't one single moment where a woman stops hearing herself.

It happens slowly.

A little at a time.

You learn to stay quiet to avoid conflict.

You start asking other people what they think before checking in with yourself.

You begin doubting your feelings.

Over time, your own inner voice gets harder to recognize beneath all the noise.

Many women become incredibly skilled at reading everyone else while becoming disconnected from themselves in the process.

# You Didn't Lose Yourself Overnight

---

You may still function perfectly well on the outside.

You may look responsible, thoughtful, caring, or “together.”

But internally, you feel exhausted from constantly questioning yourself.

And the hardest part?

Deep down

You often already know what feels right for you.

You've just learned not to trust it.

## *Reflection*

---

*When do you notice yourself looking outside yourself for answers the most?*

---

□ ————— □

□ ————— □

□ ————— □

□ ————— □

# Why You Started Doubting Yourself

---

A lot of women were taught  
— directly or indirectly —  
that keeping the peace mattered more than listening to  
themselves.

Maybe you learned:

- not to be “too emotional.”
- not to upset people
- not to disappoint others
- not to trust your instincts unless someone else agrees  
first

So instead of asking:

“What do I feel?”

You learned to ask:

“What will make everyone else comfortable?”

# Why You Started Doubting Yourself

---

That survival pattern can become so automatic that you stop noticing you're doing it.

This is often where overthinking begins..

Your mind starts trying to predict outcomes, prevent conflict, and avoid mistakes.

Somewhere along the way,  
your nervous system  
connected certainty with safety.

But certainty is not the same thing as self-trust.

Real self-trust is being able to hear yourself clearly, even when fear exists.

## *Reflection*

---

*What messages did you receive growing up about emotions, intuition, or speaking up?*

---

□ ————— □

□ ————— □

□ ————— □

□ ————— □

# The Difference Between Fear and Your Inner Knowing

---

One of the biggest reasons women stop trusting themselves is because they confuse fear with intuition.

Fear is usually:

- loud
- repetitive
- urgent
- spiraling
- full of “what if” thoughts
- 

Intuition is often:

- quiet
- steady
- clear
- simple
- calm even when the truth is uncomfortable

# The Difference Between Fear and Your Inner Knowing

---

Intuition doesn't usually scream.

It often feels more like a small internal knowing that keeps returning gently beneath the mental noise.

A lot of people expect intuition to feel dramatic.

Most of the time, it feels grounded.

Like your body quietly saying:

“Pay attention.”

You do not need to become fearless before listening to yourself.

Fear can exist while you still move toward what feels true.

## *Reflection*

---

*Think of a moment when you knew something deep down before your mind caught up. What did that feeling actually feel like in your body?*

---

□ ————— □

□ ————— □

□ ————— □

□ ————— □

# Small Ways to Start Hearing Yourself

---

Rebuilding self-trust does not happen through one huge moment.

It happens through small, consistent choices.

The goal is not perfection.

The goal is reconnection.

Start small:

- Pause before immediately asking others for advice
- Notice what your body feels around certain people or decisions
- Journal before texting someone for reassurance
- Practice saying what you really mean in safe situations
- Permit yourself to dislike things without overexplaining why.

# Small Ways to Start Hearing Yourself

---

At first, this may feel uncomfortable.

That's normal.

Many women have spent years disconnecting from their own needs to stay emotionally safe.

But every small moment of listening inward strengthens self-trust again.

## *Reflection*

---

*What is one small decision you could make this week from your own inner knowing instead of fear or pressure?*

---

□ ————— □

□ ————— □

□ ————— □

□ ————— □

# You Are Worth Listening To

---

If you take nothing else from this guide, let it be this:

Your voice matters.

Your feelings matter.

Your instincts matter.

Your inner knowing matters.

Not because you'll always be perfect.

Not because you'll never make mistakes.

# You Are Worth Listening To

---

But because you are allowed to trust yourself while still being human.

Self-trust is not about becoming someone who never feels fear.

It's becoming someone who no longer abandons themselves because of it.

You do not need to earn the right to listen to yourself.

You already have it.

## *Final Reflection*

---

*What would change in your life if you truly believed you were worth listening to?*

---

□ ————— □

□ ————— □

□ ————— □

□ ————— □

# Continue the Journey

---

If this guide felt familiar...  
if parts of it made you feel seen...  
You're not alone.

Notes From the Sanctuary is a quiet place for women rebuilding self-trust, reconnecting with their intuition, and learning how to hear themselves again beneath the noise.

Inside, you'll receive:

- grounded reflections
- gentle self-trust reminders
- nervous system + overthinking insights
- journal prompts
- updates on upcoming resources and mini courses

Join the sanctuary here:

