



# Capitalism, Culture, and Worth

## Reflection, Rootwork & Integration Guide

### Understanding the System You Adapted To

---

## Before You Begin

This guide is not about fixing yourself.

It is about understanding what shaped you.

A lot of what you have been holding about yourself is not just about you.

**That does not mean your choices do not matter.**

**That does not mean accountability disappears.**

**And it does not mean everything gets blamed on “the system.”**

It means your patterns have context.

- **The pressure to do more.**
- **The guilt when you rest.**
- **The feeling that you are behind.**
- **The belief that your worth is tied to productivity.**
- **The discomfort of needing help.**
- **The urge to keep going even when you are exhausted.**

*These did not come from nowhere.*

You learned them through

- Repetition
- family systems
- Culture
- Survival
- gender roles
- work expectations
- Environments where output was often treated as proof of value.

This guide is here to help you ask:

- **What did I learn?**
- **Where did I learn it?**
- **What did it help me survive?**
- **What is no longer mine to carry?**
- **What do I want to choose now?**

## Important Disclaimer

This guide is intended for **psychoeducation, reflection, and personal growth**.

It is not therapy, diagnosis, medical advice, crisis care, financial advice, or a replacement for individualized mental health treatment.

Using this guide, purchasing REVAM materials, or participating in REVAM content does **not** create a therapist-client relationship.

Some sections may bring up grief, anger, shame, resentment, cultural pain, family complexity, identity conflict, burnout awareness, or memories of pressure and survival. Please move through this guide slowly.

If this material brings up overwhelming distress, trauma responses, or concerns about your safety, seek support from a licensed mental health provider, crisis resource, or trusted support system.

In the United States, the **988 Suicide & Crisis Lifeline** offers 24/7 call, text, and chat support for emotional distress or mental health crisis. The **Crisis Text Line** provides free, confidential 24/7 text support by texting **HOME** to **741741**. If your environment or relationship involves coercion, threats, isolation, intimidation, financial control, physical violence, or fear of retaliation, the **National Domestic Violence Hotline** offers confidential 24/7 support; their site also notes that internet activity may be monitored, so use caution if your device is not private.

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## How to Use This Guide

You are allowed to:

- Go slowly
- Skip questions
- Take breaks
- Come back later
- Write only a few words
- Pause without finishing
- Use this with a therapist or trusted support person

You do not have to process everything at once.

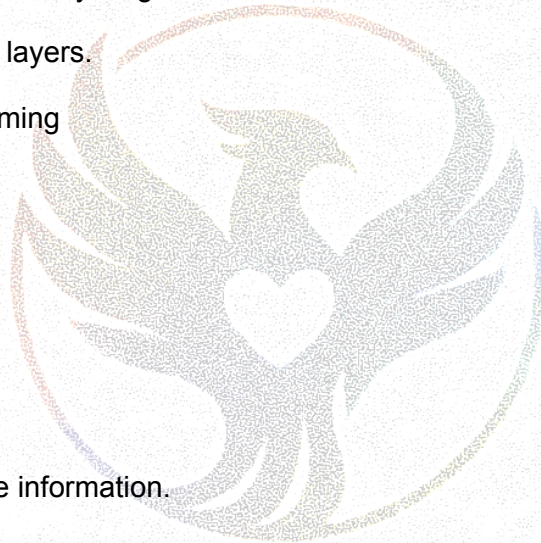
Understanding happens in layers.

If you notice yourself becoming

- **Activated**
- **Numb**
- **Irritated**
- **Tearful**
- **Defensive**
- **Overwhelmed**

***Pause.***

That response may also be information.



---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Grounding Check-In

Before starting, take a moment.

Where are you right now?

---

What do you notice in your body?

---

Do you have the capacity to reflect today?

---

If the answer is “not really,” that is awareness, not failure.

Say:

- **“I can pause.”**
  - **“I do not have to force insight.”**
  - **“This work can happen in layers.”**
  - **“My worth is not measured by how much I complete today.”**
- 



PHOENIX WITHIN  
R · E · V · A · M HEALING

# Section 1: The Feeling — “I Should Be Doing More”

## Psychoeducation

Think about the feeling, not just the thought.

That internal pressure that says:

- “I should be doing more.”
- “I’m behind.”
- “This isn’t enough.”
- “I don’t have time to rest.”
- “I need to catch up.”
- “I should be farther by now.”
- “I’m wasting time.”

**That feeling may show up when you sit down.**

- When you try to rest.
- When you look at your to-do list.
- When someone else posts an accomplishment.
- When your house is messy.
- When your body asks for a break.
- When you have free time, but it does not feel free.

This feeling is not random.

It is not a personal flaw.

**It is often conditioning.**

When productivity has been tied to

- Safety
- Approval
- Survival
- Belonging

**Rest can feel threatening.**

Not because rest is wrong.

***Because your nervous system learned that stillness had consequences.***

---

## Reflection

When does “I should be doing more” show up most for you?

---

What is usually happening right before that feeling appears?

---

What thoughts come up in those moments?

---

What does your body feel?

- Tight chest
- Restlessness
- Guilt
- Irritation
- Anxiety
- Heaviness
- Jaw tension
- Racing thoughts
- Shame
- Urgency
- Numbness



Other:

---

What do you usually do in response to that feeling?

---

---

## Rootwork Question

What did you learn might happen if you stopped doing?

---

---

## Action Tool: The Feeling Map

Use this when guilt or urgency shows up around rest.

**The moment was:**

---

**The thought was:**

---

**The body feeling was:**

---

**The learned message may be:**

---

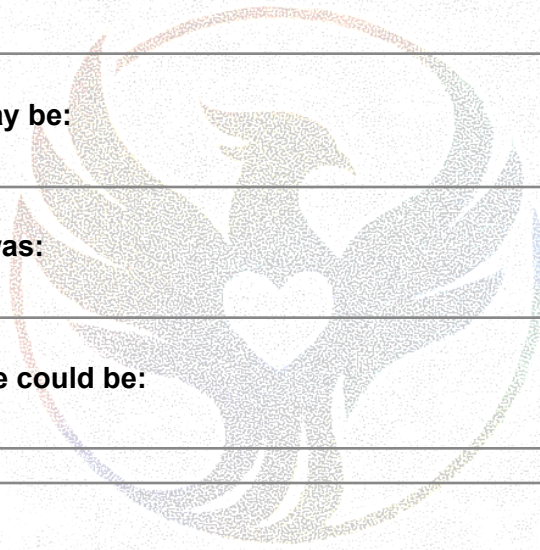
**What I actually needed was:**

---

**One supportive response could be:**

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 2: You Learned It

### Psychoeducation

When something has always been inside of you, it can feel like it is you.

But often, it was something you were shaped inside of.

You learned it through repetition.

- **Through what was praised.**
- **Through what was punished.**
- **Through what got approval.**
- **Through what got ignored.**
- **Through what your family survived.**
- **Through what your culture valued.**
- **Through what your school rewarded.**
- **Through what work expected.**
- **Through what gender roles demanded.**
- **Through what capitalism normalized.**

No one may have sat you down and said:

- **“Your worth depends on output.”**

But your nervous system may have learned it anyway.

You may have learned:

- **I matter when I do.**
- **I matter when I help.**
- **I matter when I succeed.**
- **I matter when I produce.**
- **I matter when I am useful.**
- **I matter when I am strong.**
- **I matter when I do not need too much.**

And anything outside of that can start to feel uncomfortable.

---

## Reflection

What did your environment teach you about worth?

---

What got praised?

---

What got attention?

---

What got criticized or dismissed?

---

What did you learn made you valuable?

---

Complete:

**“I learned I mattered when I...”**

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

# Action Tool: Learned Worth Audit

**Message I learned:**

---

**Where I learned it:**

- Family
- School
- Work
- Culture
- Religion
- Gender roles
- Social media
- Capitalism/productivity culture
- Immigration/first-gen expectations
- Racial/cultural survival expectations
- Past relationships

Other:

---

**What this message helped me access:**

- Safety
- Approval
- Belonging
- Success
- Protection
- Predictability
- Control
- Praise
- Connection

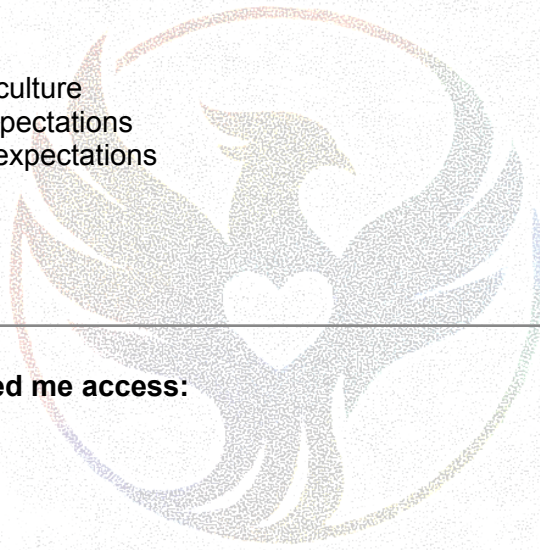
Other:

---

**What this message costs me now:**

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 3: Rest Can Feel Unsafe

### Psychoeducation

Rest is often talked about like it should be simple.

- “Just relax.”
- “Take a break.”
- “Do some self-care.”

**But for many people, rest does not feel simple.**

- Rest may feel like guilt.
- Stillness may feel like risk.
- Slowing down may feel like falling behind.
- Doing nothing may feel like doing something wrong.

**This is nervous system learning.**

If your system learned:

- movement = safety
- productivity = approval
- helpfulness = belonging
- achievement = worth
- busyness = protection
- rest = laziness
- slowing down = danger

**then rest will not automatically feel peaceful.**

Your body may respond with:

- Tight chest
- Restlessness
- Irritation
- Guilt
- Mental scanning
- A sudden urge to clean
- A sudden need to check your phone
- A feeling that you are forgetting something
- Shame for not being productive

That is not you being dramatic.

That is conditioning living in the body.

## Reflection

What happens when you try to rest?

---

What thoughts show up?

---

What body sensations show up?

---

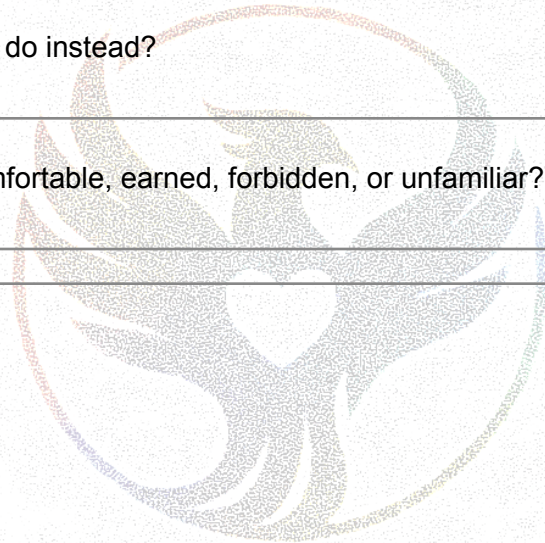
What do you feel pulled to do instead?

---

Does rest feel safe, uncomfortable, earned, forbidden, or unfamiliar?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Action Tool: Rest Guilt Translation

When I rest, shame says:

---

My nervous system may be protecting me from:

---

The old message is:

---

The new message I want to practice is:

---

A small version of rest I can tolerate is:

---

Examples:

- 5 minutes without multitasking
- Sitting outside
- Lying down with no phone
- Eating without working
- Turning off one notification
- Taking a quiet drive
- Doing one task slower

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 4: Culture, Family, and Generational Survival

### Psychoeducation

Culture and family systems shape how we understand:

- Work
- Rest
- Success
- Struggle
- Responsibility
- Worth

**This does not mean every person from a background experiences the same thing.**

It means we need to ask:

- What was modeled?
- What was expected?
- What was survived?
- What was praised?
- What was not allowed?
- What did people in my family or community have to do to make it through?

**You may have grown up watching people who did not have the option to rest.**

- People who had to keep going.
- People who had to work through pain.
- People who could not fall apart because too many people depended on them.
- People who treated exhaustion as normal because survival required it.

So your system did not just hear:

“Keep going.”

**It felt:**

**“This is what survival looks like.”**

---

## Reflection

What did your family or culture teach you about rest?

---

What did they teach you about work?

---

What did they teach you about success?

---

What did they teach you about struggle?

---

Who modeled “keep going no matter what”?

---

What do you honor about their survival?

---

What do you not want to keep carrying?

---

## Rootwork Question

What survival pattern did you inherit that may no longer fully belong to your life now?

---

---

## Action Tool: Honor Without Repeating

A survival pattern I inherited is:

---

It helped my family/community by:

---

I can honor that survival without continuing to:

---

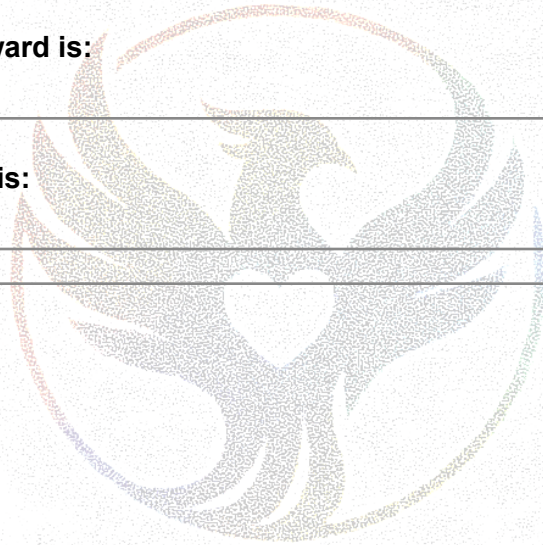
What I want to carry forward is:

---

What I want to lay down is:

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 5: Cultural Layers and Worth

### Psychoeducation

This section is not here to place anyone in a box.

***Not every cultural example will apply.  
Use what fits. Leave what does not.***

The goal is not stereotype.  
The goal is context.

Different communities may carry different:

- Language
- Histories
- Pressures

But many people's bodies learned the same core message:

- **Keep going.**
- **Do not stop.**
- **Do not fall behind.**
- **Do not need too much.**
- **Do not waste what was sacrificed.**
- **Do not make struggle visible.**

**These messages can shape the nervous system.**

- They can make rest feel unsafe.
- They can make asking for help feel shameful.
- They can make success feel mandatory.
- They can make failure feel like it carries more than just personal disappointment.

---

R · E · V · A · M · H · E · A · L · I · N · G

## Reflection: First-Generation / Immigrant Pressure

If this applies:

Where have you felt pressure to not waste opportunity?

---

Where have you felt responsible for making sacrifice “worth it”?

---

Where does rest feel like guilt?

---

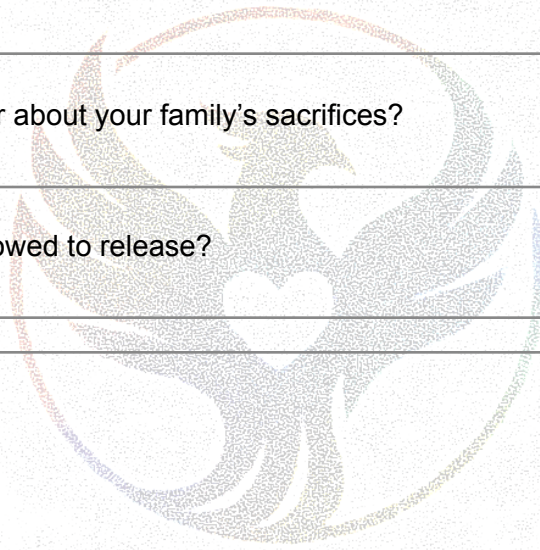
What do you want to honor about your family’s sacrifices?

---

What pressure are you allowed to release?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Reflection: Latina / Hispanic Cultural Expectations

If this applies:

Where did you learn family comes first?

---

Where did you learn strength was expected?

---

Where did you learn struggle was normal?

---

Where do you keep going even when tired?

---

Where do you avoid making it “about you”?

---

What would it mean for your needs to matter too?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Reflection: Black / African American Cultural Survival

If this applies:

Where did you learn you had to work twice as hard?

---

Where did you learn you could not afford to break?

---

Where did you learn to hold it together?

---

What has strength protected you from?

---

What has constant strength cost you?

---

What would supported strength look like?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Reflection: Asian Cultural Expectations

If this applies:

Where did you learn achievement equals safety?

---

Where did you learn success equals worth?

---

Where does failure feel bigger than just you?

---

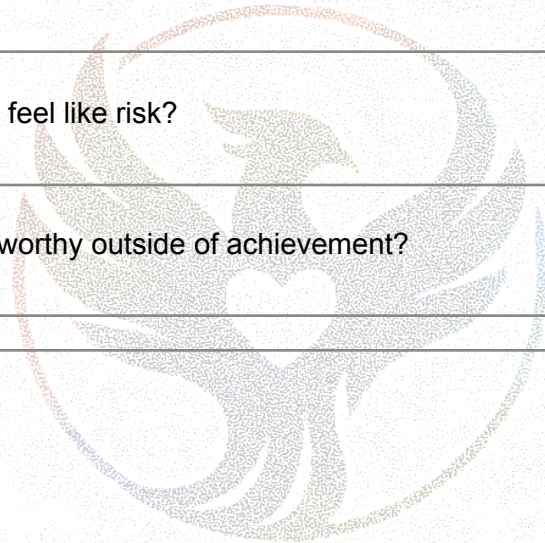
Where does slowing down feel like risk?

---

What would it mean to be worthy outside of achievement?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

# Reflection: Native / Indigenous Experiences

If this applies:

Where do you feel community responsibility in your body?

---

Where do you feel the weight of survival, displacement, resilience, or cultural protection?

---

Where do systems around you fail to reflect your values?

---

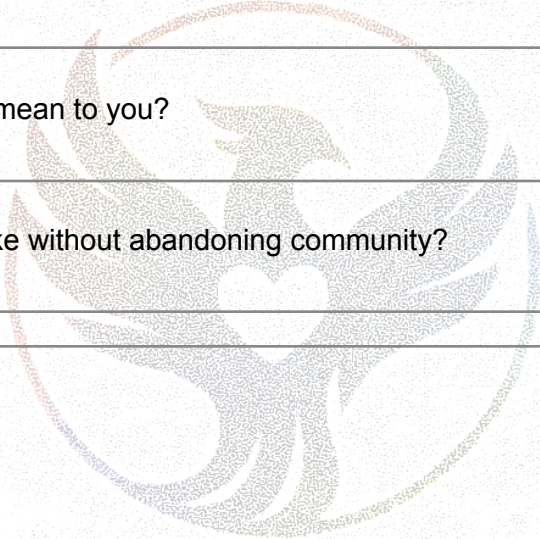
What does collective care mean to you?

---

What would healing look like without abandoning community?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Reflection: White Productivity Culture

If this applies:

Where did you learn time had to be used?

---

Where was busyness praised?

---

Where did you learn rest had to be earned?

---

Where does doing nothing feel like doing something wrong?

---

What would it mean to exist without needing to prove productivity?

---

## Integration Question

Across your background, family, and lived experience, what is the shared message your body learned?

---

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 6: Gender Roles and the Body

### Psychoeducation

Now layer in gender.

What was expected of you based on who you were perceived to be?

**For many men and masc people, emotion was not safe.**

They may have learned:

- Do not feel
- Do not express
- Handle it alone
- Be useful
- Provide
- Fix
- Do not need

***That does not disappear in adulthood.***

**For many women and femme people, connection came with responsibility.**

They may have learned:

- Manage emotions
- Keep the peace
- Take care of others
- Anticipate needs
- Soften yourself
- Do not make it harder
- Do not need too much

***That does not disappear in adulthood either.***

And for LGBTQ+ people, gender roles may be even more layered.

You may be resisting roles that never fit you while still carrying the residue of what you were taught.

***You may be navigating expectations about masculinity, femininity, softness, strength, caregiving, protection, visibility, safety, family, or being “acceptable.”***

Gender roles do not just shape behavior.

**They shape what your nervous system believes is safe to express.**

## Reflection

What were you taught about emotion?

---

What were you taught about needing help?

---

What were you taught about being strong?

---

What were you taught about caring for others?

---

What were you taught about rest?

---

What role did people expect you to play?

---

What role are you tired of performing?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Action Tool: Role Separation

The role I learned was:

---

This role helped me access:

---

This role cost me:

---

What feels like me is:

---

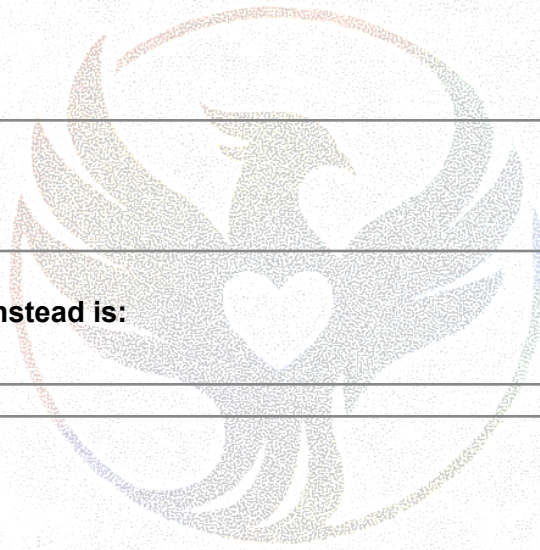
What feels learned is:

---

What I want to practice instead is:

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 7: Relationships Under Pressure

### Psychoeducation

When these patterns meet in relationships, it can look like:

- **One person shuts down**
- **One person tries harder**
- **One avoids**
- **One pursues**
- **One fixes**
- **One overfunctions**
- **One feels abandoned**
- **One feels controlled**
- **One feels unseen**
- **One feels responsible for everything**

Underneath, there may be nervous systems that learned connection is not always safe.

- **If you learned that needing something made you a burden, relationships may activate shame.**
- **If you learned that people leave when you are not useful, you may overgive.**
- **If you learned that emotion creates danger, you may shut down.**
- **If you learned that rest equals laziness, you may resent a partner who rests.**
- **If you learned that productivity equals worth, you may measure love through output.**

Relationships can become activating even when there is care.  
Because closeness touches the patterns you learned.

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Reflection

In relationships, do you tend to:

- Overextend
- Shut down
- Pursue
- Avoid
- Over-explain
- People-please
- Take responsibility for others' feelings
- Resent unequal labor
- Feel guilty needing support
- Measure love through productivity
- Feel uncomfortable when others rest

Other:

---

What does this pattern protect you from?

---

What does this pattern cost you?

---

How does capitalism, culture, gender, or family history shape this pattern?

---

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Action Tool: Relationship Pattern Translation

My relationship pattern is:

---

It may come from learning that:

---

It protects me from:

---

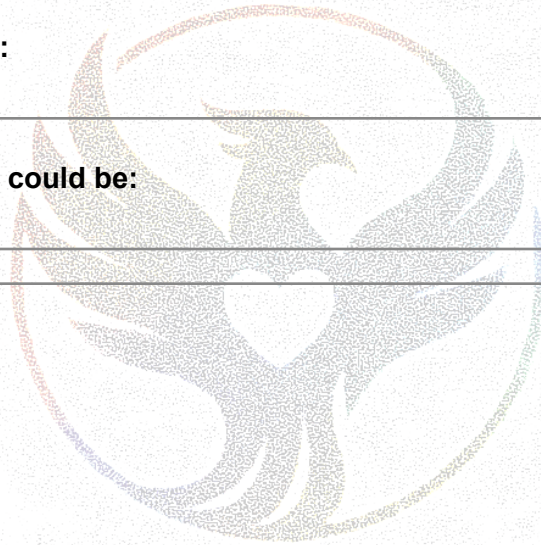
It impacts connection by:

---

A more honest response could be:

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 8: Neurodivergence, Capacity, and Output

### Psychoeducation

For neurodivergent individuals, productivity culture can hit differently.

Because your system may already process more.

- More sensory input.
- More emotion.
- More context.
- More transitions.
- More executive functioning load.
- More recovery needs.
- More invisible energy spent masking or keeping up.

**Then you are placed in systems that expect:**

- Sameness
- Consistency
- Output
- Speed
- Focus
- Flexibility
- Emotional regulation
- Productivity on demand

So you may learn:

- Push through
- Mask it
- Ignore your needs
- Do not explain
- Do not ask for support
- Perform normal
- Keep up at any cost

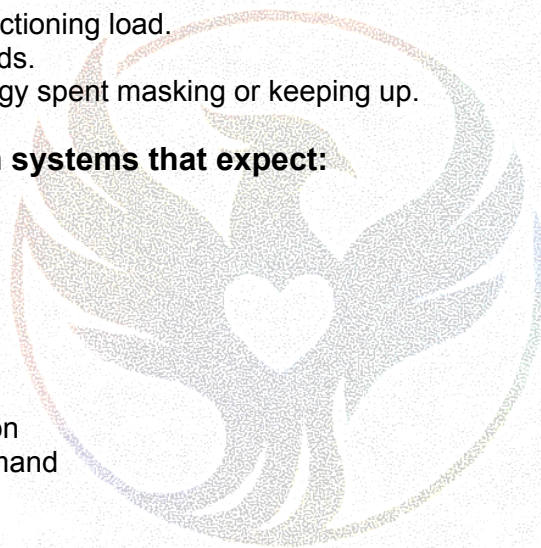
Eventually, your system may say:

**“I cannot keep doing this.”**

**That may look like burnout, shutdown, avoidance, resentment, emotional flooding, or complete loss of access.**

That is not weakness.

That is a system that has been overextended for too long.



## Reflection

Where do you feel pressure to keep up?

---

Where does your system need more time, space, support, or recovery?

---

What happens when you override your needs?

---

What output expectations do not match your nervous system?

---

What would a more sustainable pace look like?

---

## Action Tool: Output vs Capacity Check

What I am expecting myself to produce:

---

What my actual capacity is:

---

What my system is holding:

---

What support I need:

---

What expectation needs adjusting:

---

What is still mine to take responsibility for:

---

---

## Section 9: Rootwork Truth — You Adapted

### Psychoeducation

Let's name this clearly:

**You did not create this.**

**You adapted to it.**

**Your patterns make sense.**

Even the ones you struggle with.

- **Overworking may have helped you feel safe.**
- **People-pleasing may have helped you stay connected.**
- **Perfectionism may have helped you avoid criticism.**
- **Shutting down may have helped you survive overwhelm.**
- **Avoidance may have protected you from shame.**
- **Control may have helped you manage uncertainty.**

These patterns are not random.

They were learned in context.

**But adaptation is not identity.**

***What helped you survive then may not be what supports you now.***

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Reflection

What pattern makes more sense when you consider the system you adapted to?

---

What did this pattern help you access?

- Approval
- Safety
- Belonging
- Stability
- Success
- Protection
- Acceptance
- Control
- Connection

Other:

---

What does this pattern cost now?

---

What need is underneath it?

---

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Action Tool: Adaptation Map

The pattern is:

---

I learned it because:

---

It helped me survive by:

---

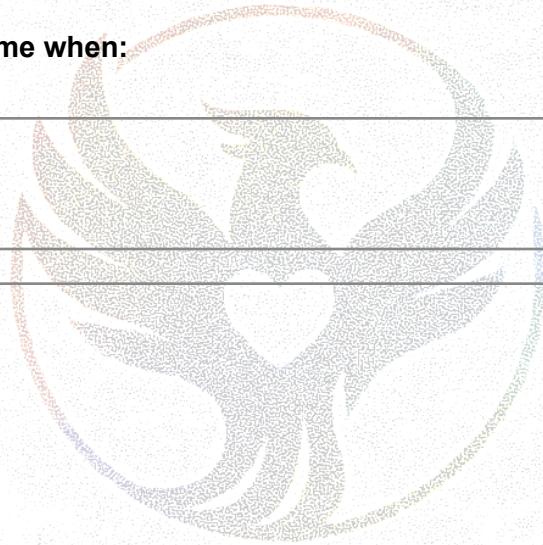
It no longer fully serves me when:

---

What I need now is:

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

# Section 10: Separating Who You Are From What You Learned

## Psychoeducation

This is where the shift begins.

Separating:

- Who I am
  - From what I learned
- Who I am
  - From what was expected
- Who I am
  - From what I performed
- Who I am
  - From what helped me survive

You may start noticing:

- **“This does not actually feel like me.”**
- **“This feels like pressure.”**
- **“This feels like fear.”**
- **“This feels like family expectation.”**
- **“This feels like productivity culture.”**
- **“This feels like gender conditioning.”**
- **“This feels like survival.”**

***That awareness matters.***

Because when a belief is fused with your identity, it feels unquestionable.

**When you can name it as learned, you can begin to choose.**

---

## Reflection

What feels like you?

---

What feels like something you were taught?

---

What feels like pressure?

---

What feels like alignment?

---

What belief are you ready to question?

---

Complete:

“This belief is not mine, it was learned: \_\_\_\_\_.”

---

---

### Action Tool: Mine vs Learned

Belief / Pattern	Mine, Learned, or Mixed?	What It Protects	What I Choose Now

---

# Section 11: Accountability and Choice

## Psychoeducation

This part matters.

That was your environment.

This is your awareness.

- **Awareness is not blame.**
- **Awareness is not shame.**
- **Awareness is not pretending you have total control over everything.**
- **Awareness gives you something you may not have had before choice.**

Not unlimited choice.

Not instant change.

Not “just think differently.”

But more choice than before.

- **You can begin noticing when you are operating from pressure.**
- **You can begin questioning the voice that says you are behind.**
- **You can begin practicing rest in small ways.**
- **You can begin asking whether a responsibility is yours, inherited, or assumed.**
- **You can begin communicating needs before resentment speaks.**
- **You can begin redefining worth outside of productivity.**

Accountability is not:

“I created this all by myself.”

**Accountability is:**

***“Now that I can see it, how do I want to relate to it differently?”***

---

## Reflection

What patterns do you want to shift?

---

What feels unsustainable?

---

What do you want to do differently moving forward?

---

Where do you need more support?

---

Where do you need more boundaries?

---

Where do you need more honesty?

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Action Tool: Awareness to Choice

I am noticing:

---

This likely came from:

---

It helped me by:

---

It is costing me:

---

One choice I have now is:

---

One support I need is:

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 12: Redefining Worth

### Psychoeducation

If your worth was not based on productivity, what would it be based on?

This question may feel simple.

It is not.

**Because many people have never had the chance to imagine worth outside of output.**

You may know intellectually:

“My worth is not what I produce.”

**But your body may not believe it yet.**

That is okay.

**Beliefs learned through repetition often need new experiences through repetition.**

Redefining worth is not just saying affirmations.

**It is practicing a different relationship with yourself.**

- Worth rooted in being.
- Worth rooted in humanity.
- Worth rooted in connection.
- Worth rooted in values.
- Worth rooted in presence.
- Worth rooted in care.
- Worth rooted in your existence, not your output.

That does not mean you stop having goals.

**It means your goals no longer have to carry the entire weight of proving you matter.**

---

## Reflection

If your worth was not based on productivity, what would it be based on?

---

What actually matters to you?

---

What values do you want to live from?

- Care
- Creativity
- Connection
- Honesty
- Rest
- Justice
- Community
- Softness
- Presence
- Learning
- Joy
- Protection
- Freedom
- Spirituality
- Love
- Authenticity



Other:

---

Complete:

PHOENIX WITHIN

“My worth is not measured by...”

R·E·V·A·M HEALING

---

“My worth is rooted in...”

---

---

## Action Tool: Worth Practice

This week, I will practice worth outside productivity by:

---

A moment where I can rest without earning it:

---

A value I want to honor:

---

A pressure I want to question:

---

A reminder I need:

---

---



PHOENIX WITHIN  
R·E·V·A·M HEALING

## Section 13: Gentle Integration

### Psychoeducation

You do not need to change everything at once.

You are not behind.

You were shaped.

And now you get to choose what you carry forward.

Some things you learned may still hold wisdom.

- Discipline may still matter.
- Responsibility may still matter.
- Care for family may still matter.
- Ambition may still matter.
- Achievement may still matter.
- Community may still matter.

**The goal is not to reject everything you learned.**

**The goal is to stop confusing survival pressure with truth.**

You get to ask:

- What do I want to keep?
- What do I want to soften?
- What do I want to release?
- What do I want to redefine?

---

PHOENIX WITHIN  
R·E·V·A·M HEALING

## Reflection

What is one small shift I can make?

---

Where can I offer myself more compassion?

---

What belief am I ready to question?

---

What pattern do I want to stop treating as identity?

---

What part of me needs permission to rest, need, feel, or slow down?

---

## Action Tool: Carry Forward / Lay Down

I want to carry forward:

---

I want to lay down:

---

I want to redefine:

---

I want to practice:

---

I want to remember:

---

---

## Closing Reflection

There are reasons for how you learned to move through the world.

Your patterns are not random.

**You adapted to systems, cultures, families, expectations, identities, and survival realities that shaped what felt safe, acceptable, and valuable.**

And now that you can see more of the pattern, you have more choice in how you move forward.

**Not perfect choice.**

**Not immediate choice.**

**But more choice.**

Take a breath and ask:

What felt most important from this guide?

---

What did I understand differently?

---

What belief feels less true now?

---

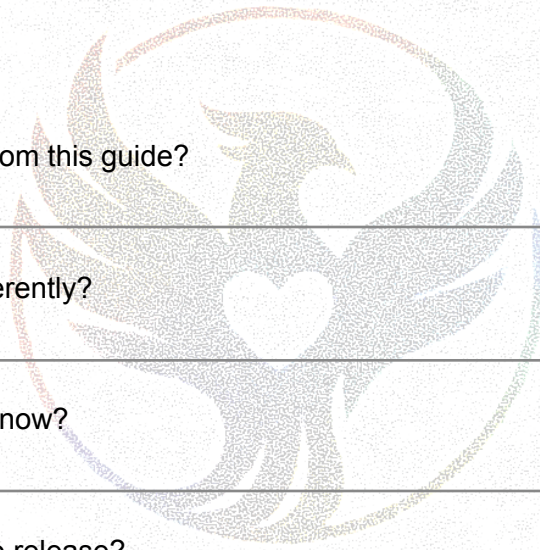
What pressure do I want to release?

---

What value do I want to live from more intentionally?

---

---



PHOENIX WITHIN  
REVA M HEALING

## Final Grounding

Look around the room.

Name three things you can see.

Press your feet into the ground.

Take one slow exhale.

Say:

**“I am not behind.”**

**“I was shaped.”**

**“My worth is not measured by output.”**

**“I can honor survival without repeating every survival pattern.”**

**“I get to choose what I carry forward.”**

---

## Final Anchor

You are not behind.

You were shaped.

And now...

you get to choose what you carry forward.

Not all at once.

Not through shame.

**But through awareness, compassion, and choice.**

— Phoenix Within REVAM Healing