

Autonomy Check-In

Are you carrying guilt for pursuing the life you chose?

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Giving Yourself Permission

Most people don't struggle because they made the "wrong" decision. They struggle because their decision awakened old stories about responsibility, loyalty, and what it means to be a "good" daughter, partner, parent, or professional.

This guide helps you understand how guilt shows up in your life—and how to reclaim your autonomy with clarity, compassion, and grounded confidence.

Your Autonomy Check-In

Rate each statement from 1 (not true) to 5 (very true):

1. I sometimes feel guilty for choosing a life others don't understand.
2. I worry people back home think I "left them behind."
3. I downplay my happiness or success so others won't feel bad.
4. I hold myself responsible for how others feel about my choices.
5. I avoid making big decisions because they might upset someone.
6. I feel torn between who I was and who I'm becoming.
7. I hesitate to build a new life abroad because it feels like "betraying" my old world.
8. I feel pressure to justify my choices to people at home.
9. I carry emotional weight that doesn't really belong to me anymore.
10. I know what I want—but I feel guilty wanting it.

Total your score to find your autonomy pattern.

Which Autonomy Pattern Fits You?

1. The Over-Responsible Person

You feel deeply loyal and may carry emotional weight from home.

2. The Split-Loyalty Person

You feel caught between two worlds, two selves, or two expectations.

3. The Self-Permission Person

You're beginning to let yourself grow without apologizing for it.

Shift From Guilt to Growth

Reframes:

- Guilt doesn't mean you're wrong—it means you're growing beyond old rules.
- Autonomy isn't abandonment. You can love people and still choose yourself.
- You are not responsible for other people's comfort with your life.

Micro-Tools:

1. The 3-Breath Permission Pause

Inhale: I am here. Exhale: I am allowed to grow.

2. The Responsibility Reset

Ask: Is this mine—or is this someone else's expectation?

3. The Future-Self Compass

Write: What decision would the fulfilled version of me make?

You don't need permission to grow. But you do need support.

You deserve a life where success, autonomy, and belonging coexist.

Next steps:

- Book a 1:1 Discovery Session
- Explore Relationship Dynamics Coaching

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