

# The Hustle-For-Worthiness Loop

When your self-worth is tied to these external measures, your **nervous system stays on edge**.

There's always something to prove, fix, or manage to ensure you measure up just to get your basic **mental, emotional and physical** needs met.



To cope with this deep sense of being “not enough,” people unconsciously turn to behaviors that soothe, which often show up in one of 2 main categories:

## OVERFUNCTIONING

*(feels productive, but is often depleting)*

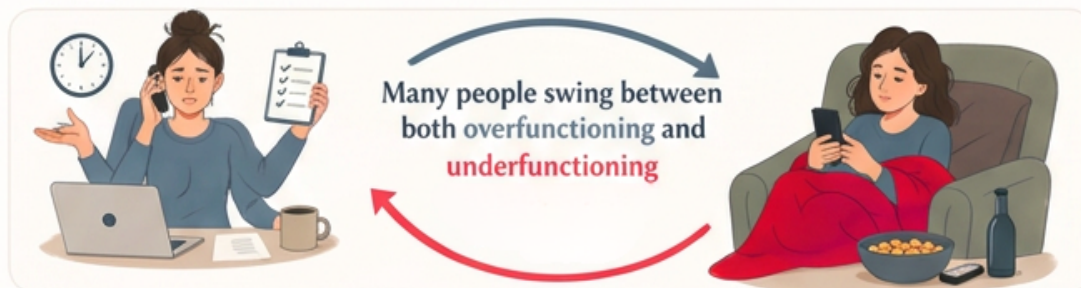
-  Busyness + overworking
-  Planning, organizing + perfecting
-  Micromanaging others
-  People-pleasing + self-sacrifice
-  Over-exercising + weight control
-  Chaos + conflict
-  Constant change

VS.

## UNDERFUNCTIONING

*(feels soothing, but can be destructive)*

-  Food, alcohol, substances
-  Social media, TV bingeing, gaming
-  Shopping + gambling
-  Procrastination
-  Denial, spiritual bypassing + toxic positivity (high vibe only)
-  Sex, pornography + affairs



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| If this resource helped you see something differently, please share it with someone who might need it too.