

NETFLIX SHOW "SIRENS"

Handout for SIRENS

**Finding Your Voice:
From Survival Song to Soul Song**



AS SEEN ON CHANNEL
BY DR.GAGARIN
"INSIDE PSYCHIATRY"

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Your song is a lifeline—it's kept you afloat through storms that would have drowned others. But what if it's also a cage? This isn't about muting your voice; it's about hearing the powerful, authentic melody you've buried beneath it. That survival tune was genius once—let's thank it, then find the one that's truly yours.

Part 1: Your Armor (Which Survival Song is Yours?)

Your defenses are a work of art, crafted for survival. When that old fear—of being too much, not enough, or left behind—creeps in, which mask do you slip on? Recognizing the armor is the first step to choosing when to take it off.

The Storm:

You're a whirlwind, pushing him away with chaos or impossible tests to see who is strong enough to stay. Your armor is made of fire and walls, designed to keep you from getting hurt by keeping everyone at a distance.

- **Question to go deeper:** What tender, quiet piece of you is hiding behind that tempest? What would it take to let that part of you breathe, just for a moment?

- **Journaling Space:**

The Mirror:

You morph into his dream girl, flawlessly reflecting what you think he needs, even if it erases you. Being needed feels like love, doesn't it? Your armor is perfect attunement, a camouflage to make you indispensable.

- **Question to go deeper:** What part of the real you are you most afraid to show? What if he fell in love with her, too? What would that feel like?

- **Journaling Space:**

The Waif:

You're the fragile flower, too delicate for this harsh world. Your song communicates a profound helplessness that pulls rescuers close—but in doing so, it keeps you feeling small and dependent.

- **Question to go deeper:** What untapped strength are you scared to claim as your own? What would it feel like to rescue yourself, just once?

- **Journaling Space:**

The Martyr:

You wear your pain like a heavy, beautiful crown. Your suffering is a noble, epic story that makes a partner feel they are appreciating a deep soul others were too shallow to see. But that crown is heavy.

- **Question to go deeper:** What simple joy are you denying yourself while you perform your tragedy? What would happen if you asked for something easy and light, just for you?

- **Journaling Space:**

Part 2: Under the Music (What Does the Fear Feel Like in Your Body?)

The act is exhausting. The performance of being alluring or untouchable takes its toll. The real you hums beneath it all. Think back to the last time you had to sing your survival song. Before the words or actions came, what hit your body first?

- A throat locked tight, choking on unsaid words?
- A gut that dropped, like you're falling with no net?
- A chest buzzing with a frantic, anxious panic, like a trapped bird?
- A sudden feeling of shrinking, of becoming that tiny, scared girl again?

Task: Sit with the Sensation.

Close your eyes for sixty seconds. Invite that physical feeling back, just for a moment. Don't judge it. Don't run from it. Just notice it. That sensation is your soul knocking on the door. What is it trying to tell you that you're not listening to?

• Journaling Space:

Part 3: Thanking Your Armor

Your song saved you once. You can't just toss it aside until you've hugged it goodbye and acknowledged its service.

Task 1: Honor Your Warrior.

Recall a specific time when being "The Storm" or "The Waif" genuinely protected you—maybe from rejection or harm. Or when being "The Mirror" or "The Martyr" got you the affection you desperately needed to survive. Write a short thank-you note to that part of you. It was your warrior. It did its job.

- **Journaling Space:**

Task 2: Notice When it Fails You.

Now, think of a recent time when that same armor backfired. When it pushed someone away you wanted to be close to, or left you feeling hollow and unseen. What was the cost of wearing it that day?

- **Journaling Space:**

Part 4: Finding Your Real Voice (From Translation to Action)

This is where the work begins. Step one is to decode the fear behind your song. Step two is to dare to speak that fear in a new way.

Step 1: Translate Your Survival Song into a Soul Song (Your Real Need).

- When you feel **The Storm** rising, its real message is: "I'm petrified you'll leave. I need to feel anchored and safe with you."
- When you start polishing **The Mirror**, its real message is: "I'm scared that my real self isn't enough. I need to know you will love me, flaws and all."
- When you feel yourself becoming **The Waif**, its real message is: "I'm drowning and feel totally alone. I need to know you're in my corner, that you're on my team."
- When you start wearing the crown of **The Martyr**, its real message is: "I'm afraid to ask for help directly. I need to know you see my struggle and care about me, even when I'm not in an obvious crisis."

Step 2: Try a New Note (Practice speaking your need, not your strategy).

This feels vulnerable. It's supposed to. Start small, when it feels safe.

- **If you're The Storm:** Instead of starting a fight to test him, try saying, *"I'm feeling really anxious and scared today. Can you just hold me steady for a minute?"*
- **If you're The Mirror:** Instead of instantly agreeing, try saying, *"I hear you, but I need a second to figure out how I actually feel about that."*
- **If you're The Waif:** Instead of crumbling, try saying, *"This feels like a lot to handle. Can we tackle it as a team?"*
- **If you're The Martyr:** Instead of suffering loudly, try making a simple, direct request: *"I'm feeling really swamped today. Could you please take this one thing off my plate?"*

This is the beginning of singing a new song. It may feel quiet at first, but it is the sound of you coming home to yourself.

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Thank you for
reading!



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