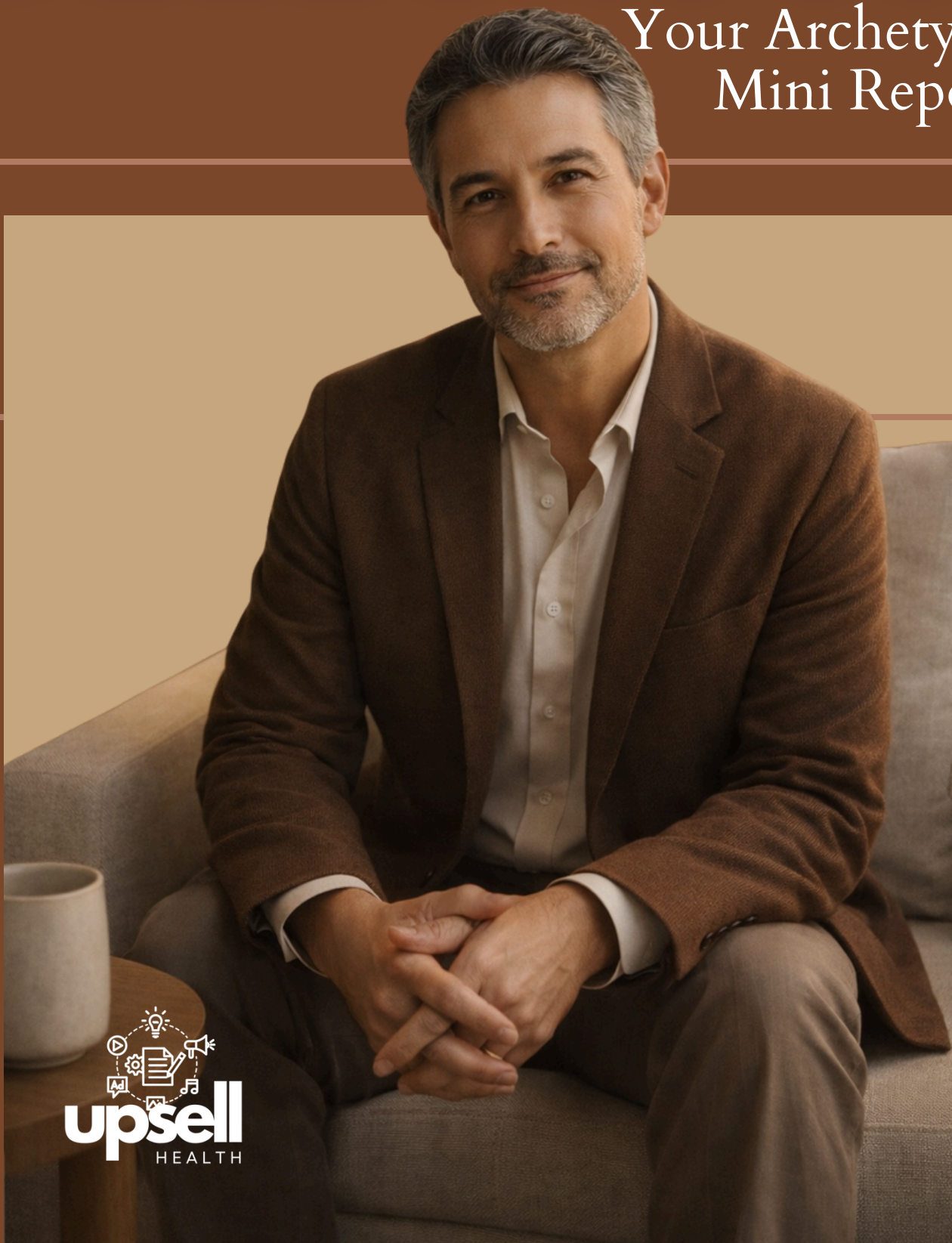


THE TRUST-DRIVEN

DELEGATOR









Your Archetype
Mini Report

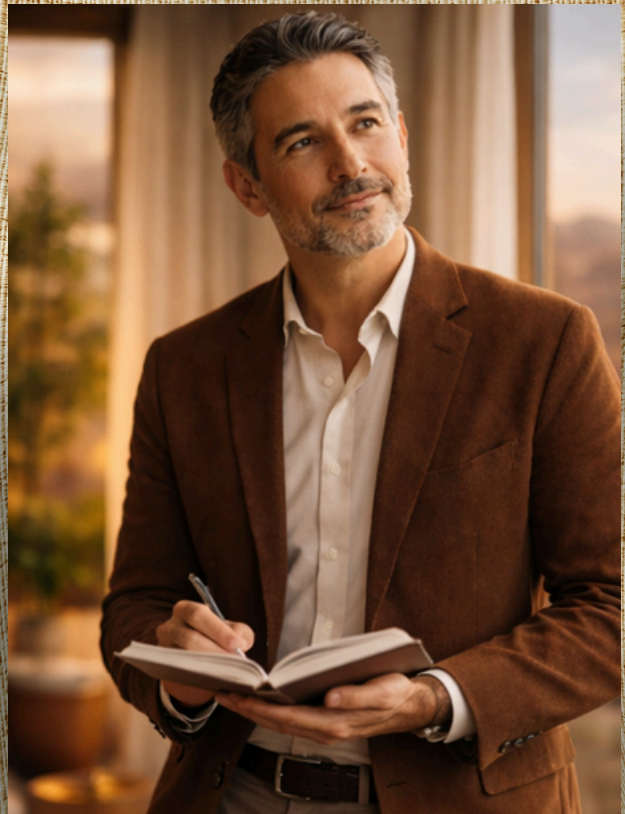


your health approach

overview

As a Trust-Driven Delegator, you bring distinct characteristics to your healing journey:

-  Trust as foundation
-  Desire to delegate
-  Relief through surrender
-  Guidance-seeking
-  Relationship-centered healing
-  Loyalty and commitment
-  Receptivity
-  Discernment beneath the desire



You want a practitioner you can deeply trust so you can stop managing every detail of your care and focus your energy on actually healing.



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core wound

The Trust-Driven Delegator carries the wound of having been responsible for too much, for too long—or having been failed by those who should have guided you. You may have spent years carrying a burden of self-management that was never meant to be yours, making health decisions you didn't feel qualified to make, navigating a system that expected you to be your own advocate when you just wanted someone to take care of you.

Many Trust-Driven Delegators developed their orientation from experiences where trust was broken—practitioners who dismissed you, authority figures who let you down, or healthcare encounters where you trusted and were harmed. These experiences created a painful paradox: you desperately want to trust, but you know exactly how much it costs when trust is misplaced. So you search with both longing and guardedness, wanting to find someone worthy while fearing that worthy people might not exist.



This wound often manifests as an extended evaluation period with new practitioners—testing them, watching for red flags, holding back full engagement until trust is earned. It also shows up as difficulty leaving practitioners who aren't serving you well, because the trust you've already invested feels too precious to walk away from.

You weren't "too trusting" or dependent — you were carrying more than you ever should have, in a system that made you manage what should have been guided.



1 deepest motivation

You are motivated by the desire to find trustworthy support so you can release into healing. Your drive comes from knowing that the best version of your health journey isn't one where you manage everything yourself—it's one where you find the right guide, surrender into their care, and direct all your energy toward getting well rather than figuring out how.

At your core is the belief that healing happens in relationship—that the right practitioner doesn't just prescribe treatment but creates a container of safety that allows your nervous system to stop protecting and start repairing. You've sensed that your body knows how to heal when it feels held, and you're searching for the holding.

You're also motivated by the vision of rest. Not physical rest—though you may need that too—but the mental and emotional rest of not having to be your own expert. The fantasy of saying "I trust you—what should I do?" and receiving clear, competent, caring guidance is so appealing because it represents freedom from a burden you've carried too long.

The vision of healthcare where trust is the foundation—where your practitioner knows you, holds your history, guides you with confidence, and earns your loyalty through consistency—provides purpose for the careful, sometimes painful search for the right fit.



5 key challenges

01

The Trust Paradox

You need trust to heal, but building trust requires vulnerability that feels dangerous. This paradox can create a cycle where you never fully engage—always testing, always holding back, never quite surrendering enough to receive the care you're seeking.

02

The Exploitation Risk

Your willingness to follow trusted guidance makes you vulnerable to practitioners who don't deserve that trust. Without developing some independent health literacy, you may not recognize when recommendations serve the practitioner's interests more than yours.

03

The Loss Devastation

When a trusted practitioner leaves, the impact goes far beyond inconvenience. You lose the relationship that your entire healing approach was built on, and starting over feels not just difficult but devastating—sometimes enough to derail your health progress entirely.

04

The Perfect Trust Trap

The search for a practitioner who meets all your trust criteria can become a form of paralysis. If your standards are set at perfection, you'll cycle through providers indefinitely—and the health cost of perpetual searching may exceed the risk of trusting someone imperfect.

05

The Voice Suppression Problem

Your preference for delegation can silence your own voice in moments that need it. There are times when your body, your experience, and your instincts hold information that your practitioner needs to hear—and deferring too completely means that information gets lost.

Allie Chandler

Learn more about me [here](#)

FOUNDER, UPSELL HEALTH Marketing Strategist for High-Level Healers

Helping functional medicine practitioners and wellness brands scale to \$2 million–50 million+ through heart-centered, aligned marketing with our proprietary Practitioner Archetype and Wellness Marketing Playbook systems



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Wellness Entrepreneurs building courses, programs, and passive income



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Director of Content



Head of Marketing & Events



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