

*What you want
before you
make it useful.*

*What sustained regulation does to the depth where desire
lives.*

This is not a framework. It is not a guide. It is a piece of writing —
for the woman who has learned to make everything useful before
she lets herself feel it.

Read it slowly.

Translation

There is something you do so quickly it has become invisible to you.

A desire arises. A wanting — something unnamed, still soft at the edges, not yet wearing the shape of a plan. And before it fully surfaces, before it has drawn a complete breath, something in you has already moved. Already asked: what do I do with this?

And because you are very capable, the answer comes immediately. The desire becomes a goal. The goal becomes a direction. The direction becomes a next step. And by the time you are conscious of having wanted something, you are already building toward it.

This is not dysfunction. It is fluency.

You became exceptionally good at translating — at taking the raw signal of wanting and converting it, almost instantaneously, into something with a use. Something that moves. Something that earns its place in your life by being productive.

And this is where the cost lives. Not in the translation itself — but in what happens to the thing before it is translated.

Desire, in its original form, does not have a use. It is not efficient. It does not justify itself. It arrives the way warmth arrives — not to accomplish anything, but simply to be felt. To be known. To move through you before it moves you anywhere.

M O V E M E N T I

When you translate it before you feel it, you reach the goal and find it almost right. Familiar. Achievable.
And strangely, quietly — not quite what you wanted.

Because you never got to want it first.

You worked toward the translation of the desire. Not the desire itself.

The Narrowing

There is something that happened so gradually you would not have noticed it happening.

You became the one who holds.

Not once. Not in a moment of crisis that passed. Continuously. Structurally. The nervous system that other people's stability ran through.

And so the body learned.

It learned to regulate before it felt. To contain before it opened. To be the floor of the room — the thing everything else stood on — and to do this so reliably, so quietly, that it became the condition of your competence.

Desire does not live in the regulated layer.

It lives somewhere underneath. In the part of you that has not been organised for usefulness. The part that still knows warmth from cold, yes from no, want from should.

When the body has been held in service of stability long enough, that layer goes quiet. Not gone. Not broken. Quiet.

The signal is still there. It was simply turned down, so slowly, over so long, that the silence began to feel like calm.

This is not burnout. Burnout is depletion — the tank empty, the engine stopped. This is something more interior than that.

This is a woman who functions beautifully. Who leads with clarity, decides with precision, holds the complexity of everything she has built — and who has not felt a pure, unedited want in longer than she can name.

Not because she is cold.

Because she has been so well-adapted to carrying others that her own body stopped offering signals she didn't have time to answer.

And now the silence has become the baseline. She mistakes it for equanimity. For maturity. For having moved past needing things so loudly.

But equanimity is not the absence of desire.

It is the capacity to hold desire without being destabilised by it. That is entirely different from no longer feeling it.

The Questions

Before you read what follows — pause.

Not as a technique. Simply as an experiment.

Ask your body — not your mind, your body — what it wants. Not tomorrow. Not in the vision for next year. Right now. This moment. What does it want?

Notice what happens.

If an answer comes quickly and it already sounds like a direction — notice that. That is the reflex. The translation happened before you felt anything.

If nothing comes — if you reach for the signal and find it quiet, or find you don't quite know how to ask that question anymore — notice that too. That is the narrowing.

You don't need to fix either one. You only need to know which one is true for you right now, in this moment, before you read any further.

The questions that follow are not asking for answers.

They are asking for the moment just before the answer — the brief flicker of something known before the mind steps in to make it useful.

That flicker is where desire still lives. Stay there. In that moment. Even if it is unfamiliar. Even if it passes before you can name it. The passing itself is information.

- I. What do you want that has no justification — that doesn't serve your business, your people, or your growth — that simply wants to exist because it is yours?

(Feel where in your body that question lands. Or where it finds nothing.)

- II. What have you been achieving that you stopped wanting somewhere along the way — and kept building toward anyway, because stopping would have required an explanation you didn't have the language for?

(Don't answer quickly. Let the question sit. The honest answer often arrives thirty seconds after the comfortable one.)

- III. Where in your body do you feel the difference between what you want and what you have decided to want?

(This is not a metaphor. There is a physical difference. Find it.)

- IV. What would you allow yourself to want if no one — including the version of you that manages everything — was watching?

- V. What is still waiting in you, very quietly, that has not yet been made useful?

M O V E M E N T I I I

You don't need to have answers.

You don't even need to have felt something.

If you reached for the signal and found silence — that silence is not emptiness. It is the distance between who you have needed to be and what you have needed to feel.

It is bridgeable. Not by working harder at it. Not by adding another practice to your morning.

But by stopping — even briefly, even imperfectly — before the translation happens.

By letting something want, before you ask it what for.

The women I work with are not disconnected from their desires. They are simply faster than them. I have never met a high-capacity woman who wanted too little — only women who stopped listening before the want could fully form. Leadership asked you to be useful. Desire only asks you to be honest. And what I know is this: the wanting didn't leave. It learned to wait.

Rianne

founder WildWithin

W I L D W I T H I N

WildWithin works with female founders and CEOs at the point where leadership stops being strategic. Private work. Nervous system. Capacity.

Clarity. *wildwithin.io*