The Self-Concept Reset.

For the moment you understand the teaching, but notice yourself returning to the same inner story.

01 Name the pattern

Describe one repeated reaction in plain language. For example: "After a setback, I tell myself I never follow through." Notice the story without treating it as your identity.

02 Choose a response

Choose a description you can practice through your own decisions: "I can return to one useful action, even after an imperfect day." Keep it believable and specific.

03 Rehearse one ordinary moment

In a relaxed, drowsy state, imagine a short first-person scene that expresses your chosen response. Keep it simple. There is no need to force emotion or control another person.

04 Take one practical step

Choose something you can do tomorrow. Spend five minutes on the task, prepare the next page, or keep one reasonable commitment. Inner practice is not a substitute for action.

05 Return and review

Repeat the practice gently. Review your attention, reactions and decisions. Do not treat an imagined event as proof that it happened.

Make the reset your own.

Write briefly. Choose one situation and one response you can practice. You can print this page or answer in your own notebook.

The situation

Describe what happened without adding a prediction about your future.

The old story I notice

What description of yourself keeps returning?

The response I want to practice

Choose a response based on your attention, choices and actions.

One ordinary scene

What brief first-person moment expresses that response?

One grounded action for tomorrow

Make it small enough to do. Name when you will begin.

Less collecting.
More practicing.

Return to the same practice for seven days, then look at what you actually did. A difficult day is information, not a final verdict about who you are.

What did I practice consistently?

What did I notice in my reactions or decisions?

What still needs practical support?

Want personal feedback?

Bring one specific situation to a private coaching conversation. Review the current session options, scope, prices and available times on the booking page. Times are shown in your timezone.

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