

Start: Emotional Trigger
(E.g., fight, shutdown, or grief memory)



Step 1: What recently hurt you?



Step 2: Let the younger you speak



Step 3: Let the protector part speak



Step 4: Respond from your Self



Step 5: Choose your Blessing
(Spiritual or Secular)



Step 6: One Truth to Carry Forward



End: Close with Breath + Gratitude