Below are the **remaining rows (IDs 6 - 30)** to append to the CSV you already pasted.  
Each scenario keeps universal language and three options.

Id,title,prompt,option\_text,option\_feedback,stage,tags,created\_at,journal\_prompt

1,They Said It Was ‘Fine’… But You Know It’s Not,”You’re grabbing your gym bag when the person you live with—clearly upset—says, “It’s fine, go if you want.” You know the tone. You’ve skipped the last couple check-ins at home. If you live alone, picture the person who counts on you most.”,Go anyway. They said it was fine.,”You chose comfort over presence. Avoiding tension is how trust erodes.”,Relationship,”conflict, communication, presence”,2025-06-19T10:00:00-06:00,”When have you sensed tension but pushed ahead anyway? What did that cost long-term?”

1,They Said It Was ‘Fine’… But You Know It’s Not,”You’re grabbing your gym bag when the person you live with—clearly upset—says, “It’s fine, go if you want.” You know the tone. You’ve skipped the last couple check-ins at home. If you live alone, picture the person who counts on you most.”,Pause and ask, “Are we good?”,”You stepped toward discomfort. Even if it doesn’t fix things instantly, it shows you’re present and engaged.”,Relationship,”conflict, communication, presence”,2025-06-19T10:00:00-06:00,”When have you sensed tension but pushed ahead anyway? What did that cost long-term?”

1,They Said It Was ‘Fine’… But You Know It’s Not,”You’re grabbing your gym bag when the person you live with—clearly upset—says, “It’s fine, go if you want.” You know the tone. You’ve skipped the last couple check-ins at home. If you live alone, picture the person who counts on you most.”,Cancel the workout and stay to talk.,”Sometimes stepping up means stepping back. Just be sure you’re not over-compensating out of guilt—stay curious, not controlling.”,Relationship,”conflict, communication, presence”,2025-06-19T10:00:00-06:00,”When have you sensed tension but pushed ahead anyway? What did that cost long-term?”

2,The Boss Wants You to Stay Late Again,”It’s 5:30 PM. You promised you’d show up for someone at home tonight. Your boss drops another “urgent” project—third time this month. Everyone’s watching your move.”,Stay late without saying anything.,”You avoided conflict but sacrificed your word. People notice when you don’t show up—and what that tells them about your priorities.”,Work,”boundaries, integrity, work-life”,2025-06-19T10:02:00-06:00,”When work and promises collide, which voice do you usually obey?”

2,The Boss Wants You to Stay Late Again,”It’s 5:30 PM. You promised you’d show up for someone at home tonight. Your boss drops another “urgent” project—third time this month. Everyone’s watching your move.”,Say you have a commitment and leave.,”You honored your word, but without context this may create tension. Boundaries matter—but how you set them matters too.”,Work,”boundaries, integrity, work-life”,2025-06-19T10:02:00-06:00,”When work and promises collide, which voice do you usually obey?”

2,The Boss Wants You to Stay Late Again,”It’s 5:30 PM. You promised you’d show up for someone at home tonight. Your boss drops another “urgent” project—third time this month. Everyone’s watching your move.”,Explain the commitment and offer options.,”You held both: professional responsibility and personal integrity. Not always possible—but powerful when it is.”,Work,”boundaries, integrity, work-life”,2025-06-19T10:02:00-06:00,”When work and promises collide, which voice do you usually obey?”

3,Your Friend Won’t Stop Complaining,”Your buddy calls again—fourth time this week. Same story, no action. You care, but you’re drained.”,Listen like always. He needs support.,”Loyalty matters, but enabling doesn’t help anyone. Venting without action becomes a loop—one that keeps you both stuck.”,Relationships,”boundaries, friendship, enabling”,2025-06-19T10:04:00-06:00,”Where’s the line between support and enabling in your relationships?”

3,Your Friend Won’t Stop Complaining,”Your buddy calls again—fourth time this week. Same story, no action. You care, but you’re drained.”,Tell him to stop calling if he won’t change.,”Direct, but harsh. It may push him away without helping him grow.”,Relationships,”boundaries, friendship, enabling”,2025-06-19T10:04:00-06:00,”Where’s the line between support and enabling in your relationships?”

3,Your Friend Won’t Stop Complaining,”Your buddy calls again—fourth time this week. Same story, no action. You care, but you’re drained.”,Set a boundary: “I care, but I need to see action.”,”You’re showing up while protecting your own energy. Uncomfortable—but real love isn’t always cozy.”,Relationships,”boundaries, friendship, enabling”,2025-06-19T10:04:00-06:00,”Where’s the line between support and enabling in your relationships?”

4,The Temptation at 2 AM,”Everyone’s asleep. Your phone is right there. That site you quit is one tap away. You’ve been clean 30 days.”,Just this once won’t hurt.,”This is the lie temptation tells. ‘Just once’ is never just once. Shame tomorrow isn’t worth escape tonight.”,Personal,”temptation, addiction, accountability”,2025-06-19T10:06:00-06:00,”When urges hit at night, what story do they whisper to you?”

4,The Temptation at 2 AM,”Everyone’s asleep. Your phone is right there. That site you quit is one tap away. You’ve been clean 30 days.”,Put the phone in another room and sleep.,”You removed the trigger instead of muscling through it. Strength is often in the setup, not the struggle.”,Personal,”temptation, addiction, accountability”,2025-06-19T10:06:00-06:00,”When urges hit at night, what story do they whisper to you?”

4,The Temptation at 2 AM,”Everyone’s asleep. Your phone is right there. That site you quit is one tap away. You’ve been clean 30 days.”,Call someone in your accountability circle.,”You reached out instead of reaching down. Courage is asking for help before the fall, not after.”,Personal,”temptation, addiction, accountability”,2025-06-19T10:06:00-06:00,”When urges hit at night, what story do they whisper to you?”

5,Someone You Care About Asks Why You Look Sad,”Work is brutal, money’s tight, connection feels distant. Over dinner, an 8-year-old asks, “Why do you always look sad?” If you live alone, imagine a younger relative asking.”,Say “I’m fine” and change the subject.,”You protected them from adult problems—but taught that feelings don’t get airtime. Kids learn more from what we model.”,Fatherhood,”fatherhood, emotional intelligence, modeling”,2025-06-19T10:08:00-06:00,”What did your parents model about talking feelings? How does that echo now?”

5,Someone You Care About Asks Why You Look Sad,”Work is brutal, money’s tight, connection feels distant. Over dinner, an 8-year-old asks, “Why do you always look sad?” If you live alone, imagine a younger relative asking.”,Unload all your problems so they understand.,”Honesty matters, but this burdens them with adult worry. Security > transparency.”,Fatherhood,”fatherhood, emotional intelligence, modeling”,2025-06-19T10:08:00-06:00,”What did your parents model about talking feelings? How does that echo now?”

5,Someone You Care About Asks Why You Look Sad,”Work is brutal, money’s tight, connection feels distant. Over dinner, an 8-year-old asks, “Why do you always look sad?” If you live alone, imagine a younger relative asking.”,Say, “I’m working through some tough stuff, but I’m okay.”,”You acknowledged reality without burdening them. You showed struggle and stability can coexist.”,Fatherhood,”fatherhood, emotional intelligence, modeling”,2025-06-19T10:08:00-06:00,”What did your parents model about talking feelings? How does that echo now?”

6,The Argument That's Getting Too Heated,"A money discussion with the person you share life with just erupted. Voices rise. They drop a comment that hits below the belt. You feel rage in your chest. If you live alone, picture a close friend pushing your buttons.",Say what you're thinking. Hurt them back.,"You chose winning over loving. Words can’t be unsaid—small cruelties, stacked, break trust.",Relationship,"conflict, anger, communication",2025-06-19T10:10:00-06:00,"How do you respond when you feel cornered—do you defend or repair?"

6,The Argument That's Getting Too Heated,"A money discussion with the person you share life with just erupted. Voices rise. They drop a comment that hits below the belt. You feel rage in your chest. If you live alone, picture a close friend pushing your buttons.",Walk away without a word.,"You avoided escalation—but left the issue hanging. Silence can punish as sharply as shouting.",Relationship,"conflict, anger, communication",2025-06-19T10:10:00-06:00,"How do you respond when you feel cornered—do you defend or repair?"

6,The Argument That's Getting Too Heated,"A money discussion with the person you share life with just erupted. Voices rise. They drop a comment that hits below the belt. You feel rage in your chest. If you live alone, picture a close friend pushing your buttons.",Say “I need a minute” and step outside.,"You honored your limits and named them out loud. Space isn’t abandonment—it’s wisdom under fire.",Relationship,"conflict, anger, communication",2025-06-19T10:10:00-06:00,"How do you respond when you feel cornered—do you defend or repair?"

7,The Friday Night Choice,"It’s Friday. Your crew is bar-hopping, texting: “Come on, just one.” You promised yourself a focused night. If you don’t party, imagine any social pull that tempts you off course.",Join them—one night won’t hurt.,"Comfort > Commitment. One night becomes the story you tell next week when discipline feels hard again.",Personal Growth,"discipline, peer pressure, identity",2025-06-19T10:12:00-06:00,"What does “one night” usually cost you in momentum?"

7,The Friday Night Choice,"It’s Friday. Your crew is bar-hopping, texting: “Come on, just one.” You promised yourself a focused night. If you don’t party, imagine any social pull that tempts you off course.",Meet them later after your routine.,"You held your line first, then connected. Sometimes you can have both—when intention leads.",Personal Growth,"discipline, peer pressure, identity",2025-06-19T10:12:00-06:00,"What does “one night” usually cost you in momentum?"

7,The Friday Night Choice,"It’s Friday. Your crew is bar-hopping, texting: “Come on, just one.” You promised yourself a focused night. If you don’t party, imagine any social pull that tempts you off course.",Suggest an activity that fits your goal.,"You offered leadership, not judgment, inviting the group into your growth path.",Personal Growth,"discipline, peer pressure, identity",2025-06-19T10:12:00-06:00,"What does “one night” usually cost you in momentum?"

8,The Dreaded Morning Alarm,"Your 5 AM alarm blares. You’re wrecked. You swore you’d train today. Nobody will know if you skip.",Hit snooze. You need rest.,"You protected comfort, not commitment. Identity is built in dark-o’clock decisions.",Personal Growth,"discipline, self-talk, follow-through",2025-06-19T10:14:00-06:00,"What story fires first when that alarm rings—and is it true?"

8,The Dreaded Morning Alarm,"Your 5 AM alarm blares. You’re wrecked. You swore you’d train today. Nobody will know if you skip.",Get up and go.,"You moved before motivation. Discipline is memory of who you’re becoming.",Personal Growth,"discipline, self-talk, follow-through",2025-06-19T10:14:00-06:00,"What story fires first when that alarm rings—and is it true?"

8,The Dreaded Morning Alarm,"Your 5 AM alarm blares. You’re wrecked. You swore you’d train today. Nobody will know if you skip.",Stretch and walk instead.,"You adjusted without quitting. Progress isn’t always max effort—just forward effort.",Personal Growth,"discipline, self-talk, follow-through",2025-06-19T10:14:00-06:00,"What story fires first when that alarm rings—and is it true?"

9,They Forgot to Say Thank You,"You handled dinner, dishes, bedtime. The person you live with says nothing. Third time this week. If you live alone, imagine a teammate overlooking your effort.",Stay silent and stew.,"Peace on the surface, resentment underneath—slow erosion guaranteed.",Relationship,"resentment, marriage, maturity",2025-06-19T10:16:00-06:00,"When you serve others, what recognition do you quietly expect?"

9,They Forgot to Say Thank You,"You handled dinner, dishes, bedtime. The person you live with says nothing. Third time this week. If you live alone, imagine a teammate overlooking your effort.",Make a sarcastic comment.,"Message received—but sarcasm muddies respect; clarity beats clever.",Relationship,"resentment, marriage, maturity",2025-06-19T10:16:00-06:00,"When you serve others, what recognition do you quietly expect?"

9,They Forgot to Say Thank You,"You handled dinner, dishes, bedtime. The person you live with says nothing. Third time this week. If you live alone, imagine a teammate overlooking your effort.",Address it calmly later.,"You picked clarity over comfort. Small, honest asks prevent big blowups.",Relationship,"resentment, marriage, maturity",2025-06-19T10:16:00-06:00,"When you serve others, what recognition do you quietly expect?"

10,Your Teen Says “I Don’t Need You”,“A teenager snaps: ‘I’m fine—don’t need your help.’ It stings. If you don’t have kids, picture a younger sibling or mentee pushing you away.”,Snap back: “Fine, figure it out.”,"You matched immaturity with ego. They need steadiness, not dominance.",Fatherhood,"fatherhood, ego, maturity",2025-06-19T10:18:00-06:00,"When respect feels missing, do you seek power or patience?"

10,Your Teen Says “I Don’t Need You”,“A teenager snaps: ‘I’m fine—don’t need your help.’ It stings. If you don’t have kids, picture a younger sibling or mentee pushing you away.”,Walk away in silence.,"You avoided escalation but missed a teaching moment. Presence > distance.",Fatherhood,"fatherhood, ego, maturity",2025-06-19T10:18:00-06:00,"When respect feels missing, do you seek power or patience?"

10,Your Teen Says “I Don’t Need You”,“A teenager snaps: ‘I’m fine—don’t need your help.’ It stings. If you don’t have kids, picture a younger sibling or mentee pushing you away.”,Stay calm: “I'm here if you need me.”,"You modeled steadiness. Strength is stable when tested.",Fatherhood,"fatherhood, ego, maturity",2025-06-19T10:18:00-06:00,"When respect feels missing, do you seek power or patience?"

11,That Late-Night “You Up?” Text,"A past situationship pings: “You up?” Nostalgia pulls. If dating isn’t relevant, picture any old habit knocking at midnight.",Respond—maybe harmless.,"Temptation hides in nostalgia. Old paths lead to old outcomes.",Personal,"temptation, loyalty, closure",2025-06-19T10:20:00-06:00,"What past version of you is this message calling?"

11,That Late-Night “You Up?” Text,"A past situationship pings: “You up?” Nostalgia pulls. If dating isn’t relevant, picture any old habit knocking at midnight.",Ignore; delete thread.,"You protected your path without drama. Quiet strength is strength.",Personal,"temptation, loyalty, closure",2025-06-19T10:20:00-06:00,"What past version of you is this message calling?"

11,That Late-Night “You Up?” Text,"A past situationship pings: “You up?” Nostalgia pulls. If dating isn’t relevant, picture any old habit knocking at midnight.",Reply kindly: “All good—take care.”,"You closed the door with clarity, not shame. Boundaries with grace.",Personal,"temptation, loyalty, closure",2025-06-19T10:20:00-06:00,"What past version of you is this message calling?"

12,You Bombed the Presentation,"The pitch tanked. Tech glitched. Part of you knows you weren’t prepared.",Blame the team.,"Finger-pointing shields ego, slows growth.",Work,"accountability, growth, leadership",2025-06-19T10:22:00-06:00,"After failure, what’s your first instinct—deflect or dissect?"

12,You Bombed the Presentation,"The pitch tanked. Tech glitched. Part of you knows you weren’t prepared.",Pretend it never happened.,"You dodge shame—and the lesson. Without reflection, repeat is guaranteed.",Work,"accountability, growth, leadership",2025-06-19T10:22:00-06:00,"After failure, what’s your first instinct—deflect or dissect?"

12,You Bombed the Presentation,"The pitch tanked. Tech glitched. Part of you knows you weren’t prepared.",Own it; ask for feedback.,"Courage chooses the mirror. Leaders fail forward, not inward.",Work,"accountability, growth, leadership",2025-06-19T10:22:00-06:00,"After failure, what’s your first instinct—deflect or dissect?"

13,The Coach Benched Your Kid,"They practiced hard. Game day—bench. If no kids, picture mentoring someone overlooked.",Confront coach post-game.,"Intent to protect; result may stunt resilience.",Fatherhood,"fatherhood, restraint, support",2025-06-19T10:24:00-06:00,"Do you rescue or coach through disappointment?"

13,The Coach Benched Your Kid,"They practiced hard. Game day—bench. If no kids, picture mentoring someone overlooked.",Tell them toughen up.,"Stoicism without empathy hardens hearts.",Fatherhood,"fatherhood, restraint, support",2025-06-19T10:24:00-06:00,"Do you rescue or coach through disappointment?"

13,The Coach Benched Your Kid,"They practiced hard. Game day—bench. If no kids, picture mentoring someone overlooked.",Sit, ask how they feel.,"You created space for honest disappointment. That builds long-game grit.",Fatherhood,"fatherhood, restraint, support",2025-06-19T10:24:00-06:00,"Do you rescue or coach through disappointment?"

14,You Feel Numb and Off,"Nothing’s wrong, nothing’s right. You’re coasting in neutral.",Ignore the feeling.,"Numbness left unchecked becomes your default setting.",Personal Growth,"purpose, drift, awareness",2025-06-19T10:26:00-06:00,"What’s your first signal that you’re drifting?"

14,You Feel Numb and Off,"Nothing’s wrong, nothing’s right. You’re coasting in neutral.",Self-medicate (scroll, drink, etc.).,"Numbing the signal turns a whisper into a scream later.",Personal Growth,"purpose, drift, awareness",2025-06-19T10:26:00-06:00,"What’s your first signal that you’re drifting?"

14,You Feel Numb and Off,"Nothing’s wrong, nothing’s right. You’re coasting in neutral.",Journal it out; take a walk.,"You listened to the dashboard light instead of taping it over.",Personal Growth,"purpose, drift, awareness",2025-06-19T10:26:00-06:00,"What’s your first signal that you’re drifting?"

15,The Group Chat Goes Toxic,"Jokes turn mean. Everyone laughs. You cringe.",Join the roast.,"You traded alignment for belonging. Cheap laughs, real cost.",Relationships,"integrity, belonging, masculinity",2025-06-19T10:28:00-06:00,"When do you trade integrity for acceptance?"

15,The Group Chat Goes Toxic,"Jokes turn mean. Everyone laughs. You cringe.",Stay silent.,"Silence is consent when harm is obvious.",Relationships,"integrity, belonging, masculinity",2025-06-19T10:28:00-06:00,"When do you trade integrity for acceptance?"

15,The Group Chat Goes Toxic,"Jokes turn mean. Everyone laughs. You cringe.",Speak up: “That felt off.”,"Costly in cool points; rich in character points.",Relationships,"integrity, belonging, masculinity",2025-06-19T10:28:00-06:00,"When do you trade integrity for acceptance?"

16,You Said Yes When You Meant No,"You agreed to help; you’re tapped. Backing out feels selfish.",Push through anyway.,"You kept a promise—by betraying yourself. Burnout ahead.",Boundaries,"self-respect, overcommitment, energy",2025-06-19T10:30:00-06:00,"What makes saying no hardest for you?"

16,You Said Yes When You Meant No,"You agreed to help; you’re tapped. Backing out feels selfish.",Bail last minute.,"Relief bought with integrity debt.",Boundaries,"self-respect, overcommitment, energy",2025-06-19T10:30:00-06:00,"What makes saying no hardest for you?"

16,You Said Yes When You Meant No,"You agreed to help; you’re tapped. Backing out feels selfish.",Own it: “I overcommitted.”,"Honest limits earn trust long-term.",Boundaries,"self-respect, overcommitment, energy",2025-06-19T10:30:00-06:00,"What makes saying no hardest for you?"

17,You Caught Yourself Lying,"Small lie. Nobody noticed—but you did.",Let it slide.,"Tiny cracks widen over time. Character leaks.",Integrity,"honesty, self-awareness, trust",2025-06-19T10:32:00-06:00,"Why did the lie feel necessary?"

17,You Caught Yourself Lying,"Small lie. Nobody noticed—but you did.",Admit it; clean it up.,"Hard now, light later. Trust compounds.",Integrity,"honesty, self-awareness, trust",2025-06-19T10:32:00-06:00,"Why did the lie feel necessary?"

17,You Caught Yourself Lying,"Small lie. Nobody noticed—but you did.",Reflect on root cause.,"Fixing the leak, not just the puddle.",Integrity,"honesty, self-awareness, trust",2025-06-19T10:32:00-06:00,"Why did the lie feel necessary?"

18,The Mirror Feels Foreign,"You barely recognize yourself in the mirror.",Look away.,"Avoidance keeps drift invisible—and growing.",Personal Growth,"self-image, truth, renewal",2025-06-19T10:34:00-06:00,"What part of the reflection scares you?"

18,The Mirror Feels Foreign,"You barely recognize yourself in the mirror.",Shame spiral; promise to fix tomorrow.,"Guilt without action breeds more guilt.",Personal Growth,"self-image, truth, renewal",2025-06-19T10:34:00-06:00,"What part of the reflection scares you?"

18,The Mirror Feels Foreign,"You barely recognize yourself in the mirror.",Pick one habit to start today.,"Small hinges swing big doors—momentum is built, not gifted.",Personal Growth,"self-image, truth, renewal",2025-06-19T10:34:00-06:00,"What part of the reflection scares you?"

19,The Cold Shoulder After Intimacy,"You were close last night; this morning they’re distant. If single, imagine a friend suddenly withdrawn after a vulnerable moment.",Get defensive.,"You made it about you—shame wears armor called blame.",Relationships,"intimacy, vulnerability, presence",2025-06-19T10:36:00-06:00,"What story do you tell when closeness shifts?"

19,The Cold Shoulder After Intimacy,"You were close last night; this morning they’re distant. If single, imagine a friend suddenly withdrawn after a vulnerable moment.",Say nothing; hope it passes.,"Avoiding clarity seeds confusion.",Relationships,"intimacy, vulnerability, presence",2025-06-19T10:36:00-06:00,"What story do you tell when closeness shifts?"

19,The Cold Shoulder After Intimacy,"You were close last night; this morning they’re distant. If single, imagine a friend suddenly withdrawn after a vulnerable moment.",Ask gently, “Is something off?”,"You chose curiosity over assumption—path to repair.",Relationships,"intimacy, vulnerability, presence",2025-06-19T10:36:00-06:00,"What story do you tell when closeness shifts?"

20,You Lost Your Temper with the Kids,"You snapped—loud voice, harsh words. They’re quiet now. If no kids, picture mentoring and blowing up.",Justify it: they deserved it.,"Righteous rage erodes safety. Power doesn’t equal respect.",Fatherhood,"fatherhood, repair, humility",2025-06-19T10:38:00-06:00,"When anger spikes, what’s underneath?"

20,You Lost Your Temper with the Kids,"You snapped—loud voice, harsh words. They’re quiet now. If no kids, picture mentoring and blowing up.",Soft apology only.,"Words matter—but restoration needs action.",Fatherhood,"fatherhood, repair, humility",2025-06-19T10:38:00-06:00,"When anger spikes, what’s underneath?"

20,You Lost Your Temper with the Kids,"You snapped—loud voice, harsh words. They’re quiet now. If no kids, picture mentoring and blowing up.",Repair: own it, ask how to heal.,"Humility models recovery. Kids learn anger—and repair—from you.",Fatherhood,"fatherhood, repair, humility",2025-06-19T10:38:00-06:00,"When anger spikes, what’s underneath?"

21,A Stranger Disrespects Someone You Care About,"Out in public, someone makes a crude remark toward your friend/partner.",Explode on them.,"Violence for pride often escalates, not protects.",Protection,"composure, leadership, restraint",2025-06-19T10:40:00-06:00,"What does real protection look like to you?"

21,A Stranger Disrespects Someone You Care About,"Out in public, someone makes a crude remark toward your friend/partner.",Do nothing.,"Safety matters—but silence can signal acceptance.",Protection,"composure, leadership, restraint",2025-06-19T10:40:00-06:00,"What does real protection look like to you?"

21,A Stranger Disrespects Someone You Care About,"Out in public, someone makes a crude remark toward your friend/partner.",Stay grounded; address it calmly.,"Firm words, steady tone—strength under control.",Protection,"composure, leadership, restraint",2025-06-19T10:40:00-06:00,"What does real protection look like to you?"

22,You're Bored Out of Your Mind,"Routine feels gray; motivation flat.",Scroll or binge entertainment.,"Distraction feeds the drift.",Personal Growth,"boredom, purpose, discipline",2025-06-19T10:42:00-06:00,"When was the last time boredom sparked creativity for you?"

22,You're Bored Out of Your Mind,"Routine feels gray; motivation flat.",Complain about it.,"Voice without action reinforces victim mindset.",Personal Growth,"boredom, purpose, discipline",2025-06-19T10:42:00-06:00,"When was the last time boredom sparked creativity for you?"

22,You're Bored Out of Your Mind,"Routine feels gray; motivation flat.",Journal, then move body for 10 min.,"Action births energy—motion precedes emotion.",Personal Growth,"boredom, purpose, discipline",2025-06-19T10:42:00-06:00,"When was the last time boredom sparked creativity for you?"

23,They Ask for Space—and You Panic,"“I need space,” they say. Chest tightens.",Cling harder.,"Grasping smothers connection.",Relationship,"attachment, trust, regulation",2025-06-19T10:44:00-06:00,"What fear does space trigger in you?"

23,They Ask for Space—and You Panic,"“I need space,” they say. Chest tightens.",Withdraw completely.,"Retreat feels safe—but breeds distance.",Relationship,"attachment, trust, regulation",2025-06-19T10:44:00-06:00,"What fear does space trigger in you?"

23,They Ask for Space—and You Panic,"“I need space,” they say. Chest tightens.",Breathe; say, “Take what you need—I’ll be here.”,"Steady presence beats anxious pursuit.",Relationship,"attachment, trust, regulation",2025-06-19T10:44:00-06:00,"What fear does space trigger in you?"

24,You Can't Stop Comparing,"Scrolling—someone looks fitter, richer, happier.",Keep scrolling.,"Comparison steals joy and gives nothing back.",Personal Growth,"envy, comparison, confidence",2025-06-19T10:46:00-06:00,"What’s your comparison trigger—and what truth counters it?"

24,You Can't Stop Comparing,"Scrolling—someone looks fitter, richer, happier.",Trash-talk them in your head.,"Ego boost that leaves a bitter aftertaste.",Personal Growth,"envy, comparison, confidence",2025-06-19T10:46:00-06:00,"What’s your comparison trigger—and what truth counters it?"

24,You Can't Stop Comparing,"Scrolling—someone looks fitter, richer, happier.",Close app; take small action.,"Create instead of compare—progress over posture.",Personal Growth,"envy, comparison, confidence",2025-06-19T10:46:00-06:00,"What’s your comparison trigger—and what truth counters it?"

25,Your Parent Calls After Months,"Estranged parent’s name pops up. History messy.",Decline.,"Avoidance keeps wounds unhealed.",Legacy,"reconciliation, fatherhood, pain",2025-06-19T10:48:00-06:00,"What do you fear will happen if you pick up?"

25,Your Parent Calls After Months,"Estranged parent’s name pops up. History messy.",Text later.,"Creates distance buffer—may stall real healing.",Legacy,"reconciliation, fatherhood, pain",2025-06-19T10:48:00-06:00,"What do you fear will happen if you pick up?"

25,Your Parent Calls After Months,"Estranged parent’s name pops up. History messy.",Answer and listen.,"Opens a door—uncertain but honest.",Legacy,"reconciliation, fatherhood, pain",2025-06-19T10:48:00-06:00,"What do you fear will happen if you pick up?"

26,You're Doing Everything—Still Losing,"Grinding hard yet results lag.",Work harder.,"More effort on broken strategy burns out.",Burnout,"resilience, surrender, reflection",2025-06-19T10:50:00-06:00,"Where do you equate worth with output?"

26,You're Doing Everything—Still Losing,"Grinding hard yet results lag.",Quit.,"Sometimes needed—but quitting in exhaustion vs. evaluation differs.",Burnout,"resilience, surrender, reflection",2025-06-19T10:50:00-06:00,"Where do you equate worth with output?"

26,You're Doing Everything—Still Losing,"Grinding hard yet results lag.",Rest; re-evaluate plan.,"Rest is strategic, not lazy—clarity follows recovery.",Burnout,"resilience, surrender, reflection",2025-06-19T10:50:00-06:00,"Where do you equate worth with output?"

27,He Opened Up to You—Now What?,"Friend drops heavy truth. You’re not sure what to say.",Make a joke.,"Humor deflects pain—he may retreat again.",Brotherhood,"vulnerability, presence, discomfort",2025-06-19T10:52:00-06:00,"How comfortable are you sitting in another’s pain?"

27,He Opened Up to You—Now What?,"Friend drops heavy truth. You’re not sure what to say.",Change subject.,"Message: feelings unwelcome. Walls rebuild.",Brotherhood,"vulnerability, presence, discomfort",2025-06-19T10:52:00-06:00,"How comfortable are you sitting in another’s pain?"

27,He Opened Up to You—Now What?,"Friend drops heavy truth. You’re not sure what to say.",Stay; ask one deeper question.,"You held space—rare, transformative.",Brotherhood,"vulnerability, presence, discomfort",2025-06-19T10:52:00-06:00,"How comfortable are you sitting in another’s pain?"

28,You Broke a Promise to Yourself,"You swore no late-night scrolling—yet here you are.",Shrug it off.,"Normalized failure trains future you to expect it.",Habits,"integrity, habits, recovery",2025-06-19T10:54:00-06:00,"When self-trust cracks, how do you repair?"

28,You Broke a Promise to Yourself,"You swore no late-night scrolling—yet here you are.",Wallow in guilt.,"Shame feels productive but paralyzes action.",Habits,"integrity, habits, recovery",2025-06-19T10:54:00-06:00,"When self-trust cracks, how do you repair?"

28,You Broke a Promise to Yourself,"You swore no late-night scrolling—yet here you are.",Re-commit; set phone in kitchen.,"Environment design replaces willpower.",Habits,"integrity, habits, recovery",2025-06-19T10:54:00-06:00,"When self-trust cracks, how do you repair?"

29,They Say, “You’ve Changed”,"You’re growing; someone close says it like accusation.",Apologize for changing.,"Shrinking to fit old molds stalls evolution.",Growth,"identity, relationships, resistance",2025-06-19T10:56:00-06:00,"Whose approval are you afraid of losing?"

29,They Say, “You’ve Changed”,"You’re growing; someone close says it like accusation.",Defend yourself.,"Pure defense fuels conflict—invites polarization.",Growth,"identity, relationships, resistance",2025-06-19T10:56:00-06:00,"Whose approval are you afraid of losing?"

29,They Say, “You’ve Changed”,"You’re growing; someone close says it like accusation.",Ask, “What feels different to you?”,"Curiosity invites dialogue over defensiveness.",Growth,"identity, relationships, resistance",2025-06-19T10:56:00-06:00,"Whose approval are you afraid of losing?"

30,The Invite You Didn't Expect,"Old crowd from toxic past invites you out. Part of you is curious.",Say yes.,"Familiar chaos often feels like home—at a cost.",Boundaries,"loyalty, clarity, boundaries",2025-06-19T10:58:00-06:00,"What does this invite represent—nostalgia or growth test?"

30,The Invite You Didn't Expect,"Old crowd from toxic past invites you out. Part of you is curious.",Say no—coldly.,"Clear but burns bridges; sometimes needed, sometimes reactive.",Boundaries,"loyalty, clarity, boundaries",2025-06-19T10:58:00-06:00,"What does this invite represent—nostalgia or growth test?"

30,The Invite You Didn't Expect,"Old crowd from toxic past invites you out. Part of you is curious.",Respond with kind clarity, then decline.,"Boundary plus respect—door closed without slam.",Boundaries,"loyalty, clarity, boundaries",2025-06-19T10:58:00-06:00,"What does this invite represent—nostalgia or growth test?"

**All 30 scenarios are now delivered.**  
Paste these lines right after the previous block in your spreadsheet, and you’ll have the complete library—ready for import.