
Free workbook.

-The First Two Phases

THE TRUTH YOU NEED TO HEAR

Every day you delay this work is another day you choose to stay stuck in the same story that's been holding you back for years.

Listen up, man. You already know what you avoiding.

You just don't want to look at it.

The lies, the performance, the overthinking, the control, the confusing behavior.

That's your default mode. It's been pulling the strings for years. This guide is war against that part of you. This is not a feel-good guide. This is self-confrontation.

Raw, ugly, uncomfortable truth. The courage you got to start this journey is required. No more excuses.

Most men won't finish this guide. They'll download it, skim it, and go back to their comfortable lies.

But you're not most men.

•You're here because you're tired of living on autopilot.

•You're here because you want to be the man you're meant to be.

•You're here because you're ready to do the real work.

When you complete this guide, you'll have clear awareness of your default mode patterns, understanding of your escape routes, and recognition of your automatic reactions. You'll gain insight into what you're really protecting and vision of who you could be without the default mode.

Good. Let's get started.

WHAT IS THE DEFAULT MODE?

Your default mode is a hardwired belief system, an automatic mindset that shapes how you react and behave without you even realizing it. The behaviors and actions we take to meet the expectations of the lies.

It's built from your past: your upbringing, experiences, traumas and environment. It whispers things like: "I'm not enough," "I have to prove myself," "I must stay in control to be safe."

This mindset was created to protect you, but it often traps you instead, limiting your growth and keeping you stuck in old patterns, leaving you confused and ashamed.

You didn't choose it, but it runs your life like a silent co-pilot, blocking your path to freedom until you become aware of it, and take back control.

This is just a searching for truth. Don't spend time on pointing fingers, focus on the action forward.

Let's go.

PHASE 1: AWARENESS

Awareness breaks the spell and makes you dangerous- you can't be controlled by patterns you can see coming.

EXERCISE 1: IDENTIFY YOUR DEFAULT MODE

Part A: Your Automatic Responses

When you feel threatened or vulnerable, how does your default mode tell you to feel & respond?

At work when criticized:

In relationships when rejected:

When facing failure:

When feeling inadequate:

When someone disagrees with you:

Part B: The Stories You Tell Yourself

Complete these sentences honestly:

"I can't be successful because..."

"I can't be loved because..."

"I can't change because..."

"I can't be myself because..."

"I can't have what I want because..."

Part C: Your Default Mode's Core Beliefs

What are the core beliefs that your default mode uses to justify staying stuck?

Belief 1:

Belief 2:

Belief 3:

Where did these beliefs come from?

EXERCISE 2: SPOT YOUR ESCAPE ROUTES

How you avoid facing the truth

Part A: Internal Escapes

When you feel uncomfortable or vulnerable, what do you do internally, by default? Check all that apply:

- Get angry and defensive
- Feel bitter and resentful
- Blame others for my problems
- Make excuses for my behavior
- Feel shame and self-pity

- Shut down emotionally
- Overthink and analyze
- Seek validation from others

Part B: External Escapes

What do you use to numb or avoid facing your default mode? Check all that apply:

- Alcohol or drugs
- Food (overeating, junkfood)
- Social media scrolling
- Entertainment (TV, movies, games)
- Work obsession
- Exercise obsession
- Shopping or spending
- Sex or pornography
- Constant socializing
- Other:

Part C: The Cost of Escaping

What is escaping costing you?

Time:

Energy:

Relationships:

Self-respect:

Peace:

Progress:

PHASE 2: OBSERVATION

Watching Your Default Mode in Action

EXERCISE 3: THE MOMENT OF TRUTH

When your default mode takes over

Part A: Recent Examples

Think of a recent situation where you unconsciously reacted by default. What happened?

The Situation:

Your Automatic Reaction:

What Your Default Mode Told You:

How You Felt After:

What You Really Wanted to Do:

Part B: The Pattern

Complete this cycle for the situation above

Trigger:

Default Mode Response:

Action Taken:

Consequence:

Regret/Shame:

What you promised yourself for the future:

Part C: Breaking the Cycle

What would it look like to pause and observe instead of react?

In that moment, what would you see if you just watched?

What would happen if you let the default mode run its course without acting on it?

What's the scariest part about not reacting automatically?

EXERCISE 4: CONFRONTING THE PUPPET MASTER

Stop fighting it and just watch

Part A: Let It Run Wild

For one day, let your default mode do whatever it wants. Don't try to control it.

Just observe.

What did it make you do?

What stories did it tell you?

What emotions did it trigger?

What did you learn about yourself?

Part B: The Truth Underneath

What is your default mode really trying to protect you from?

Fear of:

Fear of:

Fear of:

What would happen if you faced these fears directly?

Part C: The Real You

Who are you when the default mode isn't running the show?

How would you be at work?

How would you be in relationships?

How would you handle conflict?

How would you express emotions?

How would you spend your time?

Good job, man. You showed up with courage.

Return to the workbook in a week and compare the process.

If you've honestly completed these exercises, you now have:

- ✓ Clear awareness of the hidden patterns controlling your life
- ✓ Understanding of how you're sabotaging yourself
- ✓ Recognition of your automatic reactions
- ✓ Insight into what you're really protecting
- ✓ Vision of who you could be without the default mode
- ✓ A roadmap to break free from your old story

This is just the beginning.

READY FOR MORE?

This guide covered the first two phases of breaking free from your default mode.

But there's so much more to the journey:

- Phase 3: Solitude - Learning to be alone with yourself
- Phase 4: Transformation - Creating new patterns
- Phase 5: Integration - Making it stick
- Phase 6: Breakthrough - The final push

Complete Workbook (\$67)

- ✓ 4 Additional Phases (Solitude, Transformation, Integration, Breakthrough)
- ✓ 75+ More Questions

- ✓ Self-paced transformation
- ✓ Your Declaration of Freedom [GET THE COMPLETE WORKBOOK]

Work With Me 1:1

- ✓ Personalized mentor sessions
- ✓ Direct accountability
- ✓ Break through your specific patterns
- ✓ Stop doing this alone

[Book 30 minutes free discovery call.](#)

Most men try to do this alone and fail. Don't be most men.
Stop protecting your own hostage-taker.

