# Alignment Dynamics Unblocking Module

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## Introduction for Practitioners

The **Unblocking Module** is a five-phase process based on the principles of the **Alignment Dynamics** framework. It’s designed to help individuals gently shift out of states of energetic stuckness—whether they’re caught in overgiving, shutdown, performance fatigue, or cognitive looping—and return to a more coherent, aligned mode of being. Grounded in the understanding of Fields and Forces from Alignment Dynamics, the module works not by forcing change, but by supporting subtle shifts in awareness, engagement, and re-entry.

This **Facilitator Guide** is intended for coaches, therapists, and space-holders who want to accompany others through the Unblocking Module in a relational, non-invasive way. It outlines how to recognize when the module is needed, how to support someone through each of the five phases, and how to listen for what’s ready to move—without pushing or interpreting. Your role is not to fix, but to help loosen the loop so the person’s own intelligence can come back online. Used skillfully, this tool can create powerful moments of reconnection and release, without needing intensity or analysis to do so.

### Welcome to the AD Unblocking Module

*For when you’re caught in a loop, overgiving, or emotionally jammed—and nothing else seems to work.*

### The Problem

You're **not broken**—but your system is stuck.

Maybe you’ve:

* Been saying yes to everyone until there’s nothing left for you
* Been trying to push forward, but something invisible is holding you back
* Lost access to your creativity, voice, or sense of clarity
* Started performing instead of feeling—and now it’s hard to tell what’s real

⠀You’re not lazy. You’re not unmotivated. You’re **blocked**. Energetically, emotionally, sometimes even physically. And you need a way to **clear the system**—gently, but effectively.

### The Solution: The Unblocking Module

The **Unblocking Module** is a short, guided experience that helps you:

* **Release stuck energy** (emotional, mental, or behavioral)
* **Interrupt overdrive loops** like perfectionism, caregiving, or people-pleasing
* **Reconnect to your natural flow**, your inner space, and your own energy
* **Exit identities or patterns** that have been running the show without your consent

⠀It’s not therapy. It’s not another productivity tool. It’s not a motivational boost.

It’s a **realignment system** designed for people who are **trapped in doing** and are longing to **return to being**.

### How It Works

The module guides you through a 5-phase process:

#### 1. Recognition

Name the pattern. What are you stuck in? What’s looping?

#### 2. Interruption

Disrupt the automatic behavior, thought, or emotional reaction.

#### 3. Field Shift

Change your energetic environment—step out of the current frame.

#### 4. Reconnection

Re-engage with a different Force (Presence, Discovery, Creation, etc.) that you’ve lost touch with.

#### 5. Re-entry(optional)

If you're ready, return to action—but from a new place of inner clarity.

Each step is **short, clear, and doable** in under 10 minutes. The entire experience is **designed to be embodied, emotional, and actionable**—without needing to analyze or figure everything out.

### Use It When You...

* Feel emotionally or mentally jammed and can’t shift
* Know you're overidentifying with a role (e.g., the Fixer, the Achiever, the Caregiver)
* Can’t seem to access your creativity or voice
* Are stuck in a pattern but can’t name it fully
* Are tired of pushing, forcing, or “managing” your way forward

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### What's Inside the Module

* A **guided walkthrough** (written or audio-based) of the 5-step process
* Targeted prompts to help you name your state and exit the loop
* Real-world examples for different stuck modes (e.g., “Performer Overdrive,” “Giving Without Replenishment,” “Analysis Paralysis”)
* Optional reflection section to capture insights or next steps
* Designed to work **as a one-off reset or a repeatable ritual**

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### Why It Works

Because you’re not misaligned in theory—you’re **misaligned in motion**. And alignment isn’t something you *think your way into.* It’s something you **feel your way back into**—through presence, through pattern disruption, through subtle shifts in energy and context.

The **Unblocking Module** doesn’t tell you what to do. It gives you **space to come back to yourself**—so you can choose what’s next from alignment, not anxiety.

### Unlock the Stuck

You don’t need to go deeper. You need to go softer. You need a way out of the loop.

That’s what the **Unblocking Module** is for.

## The Unblocking Module

*A short, guided process to release inner blockages and re-enter life from alignment.*

### The Problem

You’re not lazy. You’re not broken. But right now, you’re stuck.

Maybe you're:

* Overextending in a role that no longer fits
* Looping in anxiety or indecision
* Shut down creatively or emotionally
* Saying yes when your body is a no
* Performing your way through the day but feeling empty inside

⠀This isn’t about needing more discipline or insight. It’s about needing a **release valve**—a way to break the loop, reclaim your energy, and return to yourself.

### The Solution: The Unblocking Module

The **Unblocking Module** is a short, repeatable process that helps you:

* Interrupt patterns that drain or distort your energy
* Shift out of emotional or behavioral overdrive
* Reconnect with your natural internal rhythm
* Re-enter your life, role, or work with renewed presence and clarity

⠀It’s not about fixing yourself. It’s about **letting go of what’s blocking you** so you can show up differently.

### The 5 Phases of the Module

#### 1. Recognition

Name the stuck pattern. Where are you overdoing, suppressing, spinning, or disconnected?

*“I’m overidentifying with being needed.”* *“I keep trying to fix everything.”* *“I haven’t felt anything real in days.”*

#### 2. Interruption

Gently break the cycle. Pause the habit, the role, or the emotional autopilot.

Turn off the task list. Step away from your inbox. Put the identity down.

#### 3. Field Shift

Change the environment or context—internally or externally. Step out of the overactive Field (Physical, Social, Possibility), and into a quieter one.

Go from Social chaos → Possibility space From Physical urgency → Stillness From Conceptual swirl → Embodied ground

#### 4. Reconnection

Touch base with a deeper energetic mode—what Alignment Dynamics calls a **Force**.

Which mode of being have you lost touch with?

* Presence
* Discovery
* Realization
* Connection
* Mastery

⠀You don’t have to activate it fully. You just need to feel it flicker again.

#### 5. Re-entry

Come back to the moment, the task, or the relationship—**but not from the same place you left**.

Re-entry is gentle. You carry something subtle with you: more breath, more space, a shift in pace, a deeper “yes” or a clear “no.”

This is where **real alignment happens**—not by changing your life, but by changing how you step back into it.

### Use the Module When You...

* Can’t access your own creativity, calm, or clarity
* Keep overgiving, overworking, or overperforming
* Feel the impulse to shut down, disappear, or disconnect
* Know something’s off—but can’t willpower your way through it
* Want to come back to yourself **without collapsing or quitting everything**

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### Who It’s For

* Coaches and guides working with people in high-friction transitions
* Practitioners needing a field-sensitive tool for emotional reset
* Individuals in leadership, caregiving, or creative roles who lose their center easily
* Anyone doing the work of **inner alignment in a world of outer noise**

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### Why It Works

Because alignment doesn’t always begin with a breakthrough. It often begins with a **quiet release**—a **pause that leads to reconnection**. And the real change? It happens **in how you re-enter**.

The **Unblocking Module** doesn’t fix you. It helps you find your way back—then shows you how to bring that you into whatever comes next.

## Unblocking Module — Development Outline

### 1. Introduction

* Purpose of the tool
* Who it’s for
* When to use it (key symptoms of stuckness)
* What it *is not* (therapy, productivity, etc.)
* Tone: Empathetic, precise, grounding

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### 2. Understanding Stuckness

* Definitions and examples of energetic, emotional, or behavioral blockages
* Types of stuckness:
  + Overgiving
  + Role lock-in
  + Perfection loop
  + Emotional shutdown
  + Freeze/burnout
* How stuckness shows up across Fields and Forces (optional: short table or grid)

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### 3. The Five Phases of the Unblocking Module

Each section includes:

* What the phase is
* Why it matters
* Instructions or prompts
* Optional sensory/movement/ritual-based cues
* Space for user input

#### ⠀a. Phase 1: Recognition

*"What’s happening? What’s looping?"*

* Sample language of stuck patterns
* Self-reflection or voice check-in prompts

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#### b. Phase 2: Interruption

*"How do I break the loop safely and gently?"*

* Techniques: breath, physical disengagement, language shifts, micro-pauses
* Optional: “Mini Stop” cues

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#### c. Phase 3: Field Shift

*"What space am I stuck in, and where can I go instead?"*

* Brief explanation of the 3 Fields
* Prompts to explore the dominant field
* Invitation to move physically, emotionally, cognitively into another

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#### d. Phase 4: Reconnection

*"Which deeper mode of being wants to reawaken?"*

* Brief overview of Forces (Presence, Discovery, etc.)
* Embodied invitations, metaphors, or practices for each Force
* “What’s available now that wasn’t before?”

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#### e. Phase 5: Re-entry

*"How do I return—with less distortion and more integrity?"*

* Prompts for stepping back into action, conversation, or space
* Optional “soft declarations” (e.g., “I’ll respond slower now.”)
* Closing statement or anchoring ritual

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### 4. Variations for Common Stuck Patterns

* Pre-filled versions of the module for:
  + The Overgiver
  + The Perfectionist
  + The Numb One
  + The Hyperfunctioning Leader
* Could be added later or designed as mini-modules

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### 5. Optional Integration Section

* Journaling prompts
* Post-module tracking questions
* Energy score (before/after)
* Reflection questions for self-awareness growth

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### 6. Closing & Encouragement

* Reassurance that stuckness is normal
* Reminder that this process is not about achieving or solving
* Encouragement to repeat and adapt the module over time

## Section 1: Introduction – What Is the Unblocking Module?

### What it's for:

The **Unblocking Module** is a short, guided process that helps you release inner blockages and return to yourself.

It’s for the moments when:

* You feel emotionally jammed
* You’re overthinking but can’t decide
* You’re overgiving and losing your center
* You feel creatively or socially frozen
* You’re stuck in a loop—but can’t name what’s wrong

⠀This isn’t a tool for fixing. It’s a tool for **pausing**, **loosening**, and **reconnecting**—so that you can move forward again from a more honest, grounded place.

### What it's not:

This isn’t therapy. This isn’t a motivational hack. This isn’t about “getting it together.”

The Unblocking Module won’t give you answers. It will give you **a way back to your own clarity**—without pressure, without needing to explain everything.

### When to use it:

* When you keep doing something that doesn’t feel right, but you can’t stop
* When you’ve shut down emotionally but still have to keep going
* When your usual tools (thinking, journaling, venting, working) don’t shift anything
* When your energy feels scrambled, collapsed, or overloaded

### What you’ll get:

By the end of the module, you’ll have:

* Named the stuck pattern or loop
* Disrupted it gently
* Reconnected with a part of yourself that got cut off
* Returned to your life or work with a small but real shift in energy

⠀It might be subtle. It might be powerful. Either way—it will be yours.

## Section 2: Understanding Stuckness

### What is "stuckness"?

Stuckness isn’t always obvious. It doesn’t always look like being frozen or unable to act. Sometimes it looks like **doing too much**, **feeling too much**, or **shutting everything down** just to survive the day.

Stuckness happens when your system gets **jammed in one pattern**—a role, a response, a loop—and **you can’t shift out** of it, even if you want to.

### It can sound like...

* “I’m so tired, but I can’t stop.”
* “I keep saying yes, and I don’t know why.”
* “I’ve shut down, but I don’t want to be numb.”
* “I used to feel clear, now I just go through the motions.”
* “I’m not okay, but I don’t know what I need.”

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### The truth is:

You’re not broken. You’re **misaligned in motion**—and your energy can’t flow properly.

The Unblocking Module helps you identify where that blockage is, and **gently create space around it**, so something new can begin to move.

### Types of stuckness this module can help with:

Here are some common patterns the Unblocking Module is designed to address:

|  |  |
| --- | --- |
| **Pattern Name** | **Description** |
| **Overgiving Loop** | You keep saying yes or taking care of others, even when you’re drained. |
| **Performer Mode** | You’re showing up for others but not yourself. Everything feels like a role. |
| **Freeze Response** | You feel numb, checked out, like you can’t move or feel anything. |
| **Hyperfunctioning** | You’re doing more and more, hoping the feeling will catch up—but it doesn’t. |
| **Collapse Spiral** | You’re so overwhelmed you’ve given up trying to fix anything. |
| **Control Lock** | You can’t stop managing, planning, or fixing—even though it’s exhausting. |

You don’t need to fit neatly into one of these. Just notice what feels familiar.

### What’s actually happening beneath stuckness?

In Alignment Dynamics terms, stuckness often shows up when:

* You’re **over-identified with a single Force** (e.g., always fixing, always creating, always helping)
* You’re **trapped in one Field** (e.g., always reacting socially, always solving materially, never exploring possibility)
* You’ve **lost access to important expressions** (e.g., rest, play, curiosity, agency)
* You’re acting from **external obligation instead of internal resonance**

⠀You don’t need to understand all of that yet. The module will help you feel it from the inside—and move with it.

Ready to begin?

Next, we enter the first phase of the module: **Recognition**.

## The Five Phases of the Unblocking Module

### Phase 1: Recognition

*"What’s happening? What’s looping?"*

#### The Purpose of this Phase

You can’t shift something you haven’t named. But naming doesn’t have to mean diagnosis. It doesn’t have to be perfect.

This first step is just about **noticing what’s actually happening**—without judgment, without fixing, without explaining.

When you name the loop, you give it shape. And once it has shape, you can begin to move with it differently.

#### Common Stuck Patterns You Might Recognize

You don’t need to fit perfectly into any one of these. They’re here to help spark clarity:

|  |  |
| --- | --- |
| **Loop/Pattern** | **Signs You Might Be In It** |
| **Overgiving Loop** | “I keep saying yes.” / “People need me.” / “I’ll rest later.” |
| **Productivity Trap** | “I can’t stop.” / “I’m behind.” / “Just one more task.” |
| **Performer Mode** | “I don’t know who I am without the role.” / “They expect this from me.” |
| **Shutdown Mode** | “Nothing feels like anything.” / “I’m too tired to care.” |
| **Control Loop** | “If I let go, it will all fall apart.” / “I need to plan for every outcome.” |
| **Freeze Spiral** | “I know I should do something, but I’m paralyzed.” / “I feel foggy.” |

#### Reflection Prompt (Choose one or more)

Write or speak freely, even in fragments. You don’t need to make sense.

* What feels stuck right now?
* What loop or pattern are you caught in?
* What do you keep doing… even though it’s not working?
* What feels unavailable or unreachable inside you right now?
* If this stuckness had a voice, what would it say?

⠀*(Optional anchor prompt)* “What I’m noticing is…” “I keep…” “I can’t seem to…” “I wish I could stop…”

#### What if I don’t know?

That’s okay.

Sometimes, recognition doesn’t come as words. It comes as a **body feeling**, a **tension**, or just a **long sigh**.

If all you know is, *“Something’s off,”* that’s enough to continue.

Just naming *that* is a form of recognition.

Once you’ve recognized something—anything—you’re ready for the next step: **Interrupting the Loop.**

### Phase 2: Interruption

*"How do I break the loop—gently, without collapse?"*

#### The Purpose of this Phase

Once you’ve recognized the loop, the next step isn’t to fix it—it’s to **interrupt it**. Not dramatically. Not destructively. Just enough to **break the momentum** of the pattern that’s been running.

This is the moment where you **stop playing your role**—just for a breath. Not forever. Not as a rebellion. Just long enough to give yourself a way out.

#### What Interruption Is (and Isn’t)

|  |  |
| --- | --- |
| **Interruption** ***is*** | **Interruption** ***is not*** |
| A conscious pause | A complete shutdown |
| A disruption of the automatic | A rejection of your identity |
| A nervous system reorienting | A demand to fix or change yourself |
| A soft no to the loop | A harsh no to yourself |

#### Micro-Actions to Try

Pick **one**, or let one come naturally. Even a **5-second act** can begin the shift.

##### Physical Interruption:

* Stand up and shake out your hands
* Step away from your work or role space
* Take one **slow** breath with your eyes closed
* Loosen your jaw, unclench your fists, roll your shoulders

##### Mental Interruption:

* Say aloud: *“This doesn’t define me.”*
* Whisper: *“I can stop now.”*
* Think: *“What if I don’t have to hold this for one minute?”*

##### ⠀Social Interruption:

* Silence a notification
* Leave a conversation you don’t need to finish
* Postpone a task for 10 minutes—even if it feels urgent

#### Your Turn: Choose Your Interruption

“Right now, I will pause by…” “The loop says I can’t stop, but I will interrupt it by…” “My small interruption is…” “I will do nothing for the next 60 seconds and see what happens.”

*(You can write it down, whisper it, act it out, or just sit with it.)*

#### Why This Works

When a pattern runs too long, it creates an illusion of necessity.

Interrupting it, even softly, gives you access to:

* A different part of your nervous system
* A different voice inside you
* A different set of possibilities

⠀That’s all we need for now: Just enough space to **step into a new field**.

Which is exactly what we’ll do next.

→ **Phase 3: Field Shift**

### Phase 3: Field Shift

*"What space am I stuck in—and what space is calling me?"*

#### The Purpose of this Phase

Every experience happens in a **Field**—an energetic environment that shapes how we feel, think, and act. Sometimes, the **problem isn’t you—it’s the Field you’re stuck in.**

If you've been spinning in problem-solving, over-explaining, overhelping, or overproducing, chances are: You’ve been stuck in a **single field**, and your energy can’t move.

This step helps you shift Fields—so you can breathe again, sense again, imagine again.

#### The Three Fields (AD Core Concept)

You don’t need to memorize these—just feel into which one you’ve been caught in:

|  |  |
| --- | --- |
| **Field** | **What it feels like when overactive** |
| **Physical** | Rushing. Tension. Urgency. Body discomfort. “Do now.” |
| **Social** | People-pleasing. Performing. Managing roles. “They need me.” |
| **Possibility** | Overthinking. Scattered ideas. Too many options. “What if?” |

#### Your goal: Shift into a different field—just for a moment.

This isn’t about escape. It’s about **relocating your awareness** to a part of your life where there’s more air, more quiet, or more flow.

Even a tiny shift—**from Social to Physical**, or **from Physical to Possibility**—can reset everything.

#### Choose a Field to Enter

Ask yourself:

* “Where have I been living lately?”
* “Which field feels stuck?”
* “Which one feels like a relief—even just thinking about it?”

⠀Now **step into that new field** using a small, concrete action.

#### Shift into Physical

If you've been stuck in your head or managing people…

Try:

* Lay on the floor. Feel gravity.
* Go for a walk without thinking.
* Take a slow shower. Touch something real.

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#### Shift into Social

If you've been isolated or frozen…

Try:

* Message someone and say, *“No pressure to respond, just wanted to connect.”*
* Sit near people (in a café, coworking space) and observe—no performing.
* Speak one true sentence aloud—even to yourself.

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#### Shift into Possibility

If you've been stuck in doing or pleasing…

Try:

* Ask, *“What’s possible here that I haven’t considered?”*
* Doodle with no goal.
* Say: *“I give myself 5 minutes to not know what I’m doing.”*

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#### Your Turn

“The field I’ve been stuck in is \_\_\_\_\_\_.” “The field I’m stepping into is \_\_\_\_\_\_.” “My shift will begin by \_\_\_\_\_\_.”

#### Why This Works

You are not defined by your current context.

Changing your field—even slightly—can:

* Restore access to neglected traits or forces
* Reset your nervous system
* Reopen expression
* Remind you that you have options

⠀You’re no longer spinning in the same room. You’re somewhere else now. And from here… You can hear a different voice inside.

→ Next: **Phase 4: Reconnection**

### Phase 4: Reconnection

*"Which deeper mode of being wants to return?"*

#### The Purpose of this Phase

You’ve interrupted the loop. You’ve stepped out of the Field that was trapping you.

Now, something deeper can come through—a **quality of engagement** that’s been missing, waiting to be re-invited.

This is the moment to **reconnect with your original energy**. Not the performance. Not the compensation. But the **force within you that wants to move, feel, express, or realize something true**.

#### The Five Forces (Alignment Dynamics)

These are not goals or emotions. They are **deep currents**—ways that energy naturally moves when you’re in alignment.

|  |  |  |
| --- | --- | --- |
| **Force** | **When blocked, you feel…** | **When reconnected, you feel…** |
| **Presence** | Scattered, numb, drifting | Grounded, quiet, enough |
| **Discovery** | Bored, rigid, checked out | Curious, open, alive |
| **Realization** | Frustrated, blocked, creatively dry | Expressive, purposeful, unfolding |
| **Connection** | Alone, masked, disconnected | Seen, human, woven in |
| **Mastery** | Incompetent, lost, fragmented | Capable, cohesive, aligned |

#### You don’t need to force it.

You just need to **make room for it to return**.

This is not about "becoming better." It’s about letting **what’s already there** resurface.

#### Ask Yourself:

* “Which one of these Forces has been missing lately?”
* “Which one feels like a quiet longing?”
* “Which one would make everything feel a little more like me again?”

⠀Let the answer come from feeling—not analysis.

#### Micro-Practices to Reconnect

Choose one Force. Let it re-enter through a tiny act of recognition or engagement.

##### Presence

* Sit with your hand on your chest for one slow breath
* Whisper: *“This moment is enough.”*

##### Discovery

* Ask yourself a question with no pressure to answer
* Follow a new path on your walk or in your thoughts

##### Realization

* Make a mark. Speak an idea aloud. Move your body with no goal.
* Say: *“Something wants to come through me.”*

##### Connection

* Let someone in—gently.
* Say something real without dressing it up

##### Mastery

* Complete something small and meaningful—no urgency, just care
* Return to something you’ve honed, and re-engage from alignment

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#### Your Turn

“The Force I’ve been disconnected from is \_\_\_\_\_\_.” “I feel \_\_\_\_\_\_ beginning to return.” “I’m not fixing myself—I’m remembering how I move when I’m real.”

#### Why This Works

You don’t need to push to reconnect. You need to **unblock the signal**—and let the right Force come back online.

Reconnection isn’t about doing more. It’s about feeling more **yourself**—so when you move forward, it’s with a **truer energy**.

And now… You're ready to **step back into life**—but this time, **from alignment**.

→ Final phase: **Re-entry**

Ready for **Section 3e: Phase 5 – Re-entry**? Let’s complete the journey.

### Phase 5: Re-entry

*"How do I return—without returning to the loop?"*

#### The Purpose of this Phase

You’ve paused the pattern. You’ve shifted the field. You’ve reconnected with a deeper Force.

Now it’s time to **step back into your life**—not as a performance, but as a person who’s touched something real.

This phase is about **re-entry with integrity**. You’re not going back to who you were. You’re moving forward with a slightly different quality of energy, timing, awareness.

It doesn’t need to be dramatic. It just needs to be **honest**.

#### What Re-entry Looks Like

Re-entry doesn’t mean you’re “fixed.” It means you're choosing to **show up from a place that includes you**.

This could look like:

* Saying no from steadiness, not defensiveness
* Doing the same task—but with less tension
* Speaking slower, and more truly
* Not jumping back in at full speed
* Bringing back one thing: breath, voice, softness, clarity, pace, self

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#### Ask Yourself:

* “What would it feel like to re-enter *from alignment*, not from the loop?”
* “What’s one thing I want to protect as I step back in?”
* “What part of me needs to come with me this time?”

⠀You’re not re-entering to perform. You’re re-entering to **bring yourself into motion again.**

#### Re-entry Prompts

“As I return, I will bring \_\_\_\_\_\_ with me.” “I give myself permission to move slowly into \_\_\_\_\_\_.” “My only job right now is to \_\_\_\_\_\_.” “I will protect \_\_\_\_\_\_ as I take the next step.” “The version of me returning now is more \_\_\_\_\_\_.”

#### Why This Matters

Most systems stop at insight. But **integration happens in the return**.

This is where real alignment lives—not in what you felt in stillness, but **how you carry it back into motion**.

Re-entry means you’ve walked the cycle. You’ve come back changed—even just a little. And that changes everything.

#### Final Thought

This isn’t a reset. It’s a re-entry. This isn’t starting over. It’s **starting again, more truly.**

You’re not expected to sustain this perfectly. You can come back to the **Unblocking Module** anytime.

Because every day, every loop, every shift—you’ll know how to return.

✅ That completes the **core module**.

## Wrap-Up: Completing the Unblocking Module

You’ve just completed a full alignment cycle.

You didn’t push. You didn’t force insight. You didn’t try to fix yourself.

You paused. You listened. You moved differently.

That’s what the Unblocking Module is for—not to get you to a perfect state, but to **give you a way back to yourself** when you’re tangled, tired, or trapped in a loop.

### You now have a repeatable process:

|  |  |
| --- | --- |
| **Phase** | **What It Gives You** |
| **Recognition** | Language for what’s looping |
| **Interruption** | A way to gently pause the pattern |
| **Field Shift** | An energetic relocation |
| **Reconnection** | A return to your true mode of engagement |
| **Re-entry** | A re-approach to life with integrity |

You can use the module **anytime**, for **any type of stuckness**—from daily spirals to deep role fatigue.

It’s light enough for small resets. It’s deep enough for major turning points.

And every time you walk it, you teach your system a new truth:

I don’t have to stay in the loop. I know how to come back.

### Keep This With You

This isn’t a one-time fix. It’s a living tool for your real life.

The next time you feel yourself stuck, frozen, looping, or overperforming, come back here. Or come back to just one part—Recognition. Interruption. Field Shift. Whatever you need.

You already know what to do.

### Coach & Facilitator Guide: Unblocking Module

*A guide for holding space when someone is looping, frozen, or overextended—and helping them return to alignment.*

### What This Guide Is

This is not a script or protocol. It’s a **relational compass** for guiding someone through the five phases of the Unblocking Module, in conversation or presence—**without pressure, fixing, or analysis**.

You are not here to explain Alignment Dynamics. You are here to **listen, mirror, and gently support** a person in moving from misalignment back into coherence.

### How to Know When to Use It

Use the Unblocking Module when someone:

* Feels emotionally or energetically stuck
* Keeps looping in a pattern they can name but can’t shift
* Has gone into performance, overgiving, or collapse mode
* Says things like “I don’t know why I keep doing this,” “I’m tired of this version of me,” or “I can’t access what I need”

### Your Role in Each Phase

#### Phase 1: Recognition

##### Your Goal:

Help the person name what’s looping—without rushing, solving, or analyzing.

##### You Might Ask:

* “What do you keep doing, even though it’s not helping anymore?”
* “If this pattern had a voice, what would it say?”
* “What’s been on repeat lately?”
* “What feels off—but hard to name?”

##### ⠀What to Avoid:

* Diagnosing the pattern
* Interpreting it for them
* Pushing them to be clear

⠀**Recognition is enough, even if it’s vague.**

#### Phase 2: Interruption

##### Your Goal:

Invite the person to take a small, conscious pause—physically, mentally, socially.

##### You Might Ask:

* “If this pattern had a momentum, how might we break it—gently?”
* “What’s one thing you could stop doing for a minute?”
* “What would it feel like to say ‘no’ to the loop, just for right now?”

##### ⠀What to Offer:

* A breath together
* A pause in silence
* Permission to move, step away, stretch, say less

⠀This isn’t about stopping everything—it’s about breaking *just enough* to shift.

#### Phase 3: Field Shift

##### Your Goal:

Help them step out of the energetic environment (Field) that’s dominating—and into one that’s more spacious.

##### You Might Say:

* “It sounds like you’ve been stuck in the Social Field—meeting expectations, managing roles.”
* “Which Field feels unavailable… but calling?”
* “Where would your energy feel less compressed—Physical, Social, or Possibility?”

##### ⠀What to Suggest:

* A change of posture, setting, or rhythm
* A shift in topic or language (“What would you be saying if no one needed you right now?”)
* Naming which Field they’re in—and which they want to step toward

#### Phase 4: Reconnection

##### Your Goal:

Support the person in touching a deeper Force (Presence, Discovery, Realization, Connection, Mastery) that was previously blocked.

##### You Might Ask:

* “What quality have you been missing in yourself?”
* “What kind of movement or expression is asking to return?”
* “Which part of you knows how to be in this differently?”

##### What to Reflect:

* “You’re reconnecting with Presence—not through doing, but through being.”
* “That feels like Discovery coming back online.”
* “There’s something in you that’s not gone, just hidden.”

Don't overtalk here. Let the reconnection be mostly felt.

#### Phase 5: Re-entry

##### Your Goal:

Support a return to life, work, or relationship **with integrity**—without falling back into the loop.

##### You Might Ask:

* “What feels different now, even slightly?”
* “What do you want to bring with you as you re-enter?”
* “Is there one thing you want to protect or honor going forward?”

##### ⠀What to Normalize:

* It’s okay if it doesn’t feel resolved
* Even small shifts are real
* The goal is to **re-enter with awareness**, not perfection

### Bonus Practices for Coaches

#### Mini Tools to Use in Session:

* **Interrupt with stillness** (e.g., “Let’s take 10 seconds and not move.”)
* **Mirror Field state** (e.g., “This feels very Social. Want to step into Possibility for a moment?”)
* **Name the Force** (e.g., “You’re speaking from Realization. Let’s stay with that.”)
* **Invite closing** with a micro-action: “What would aligned re-entry look like in the next 10 minutes?”

### Summary: How You Help

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| **Phase** | **Your Role** |
| Recognition | Make space for naming |
| Interruption | Help pause the loop |
| Field Shift | Support a change in energetic space |
| Reconnection | Hold space for inner quality to return |
| Re-entry | Anchor what’s changed as they move forward |

You don’t need to guide it perfectly. You just need to be **present, attuned, and real**. The module will do the rest.