



## Day 1 Anchor Breath

Install a simple four in six out breath with relaxed shoulders. Use it before checking your phone and before you reply. Today is about pairing the cue urge to check with calm.

### Today's checklist

- Practice five rounds of four in six out breathing three times today
- Notice where the urge sits in the body
- Send one true line without fishing for reassurance

### Observations and sensations

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### Messages I am proud of

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## Day 2 Meet the Urge

Spot the exact moment you want to check. Pause breathe and add one self compassion line. Track how quickly your state settles.

### Today's checklist

- Name the trigger that spiked activation
- Repeat breath plus self compassion three times
- Ask for a simple check in cadence if needed

### Observations and sensations

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### Messages I am proud of

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## Day 3 Rewrite the Cliffhanger

When a reply slows create three non catastrophic explanations before acting. You are stretching your tolerance for uncertainty and buying choice.

### Today's checklist

- List three alternate explanations
- Choose one clarifying question to ask
- Delay action by ten minutes after breathing

### Observations and sensations

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## Day 4 Micro Vulnerability

Share a single present tense truth without over explaining. Stop after the period. Notice your body after honest contact.

### Today's checklist

- Write and send one sentence of truth
- Move one conversation to voice for five to ten minutes
- Breathe immediately after sending

### Observations and sensations

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## Day 5 Repair Reflex

If you over texted or vanished name it briefly and reset. Security grows through predictable repair not perfection.

### Today's checklist

- Send a short repair message if needed
- Log how the repair was received
- Plan your next small step call or date

### Observations and sensations

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### Messages I am proud of

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## Day 6 Design Your Cadence

Choose the rhythm that keeps you present. State your preferences kindly when you are reachable and when you are off.

### Today's checklist

- Sketch ideal daily and weekly cadence
- Share your preferences with one match
- Limit to one platform for twenty four hours

### Observations and sensations

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## Day 7 Consolidate and Reflect

Run the full sequence in a real gap breathe self compassion flexible story clear ask. Then capture what changed.

### Today's checklist

- Do one full run through
- Write a ten minute reflection
- Celebrate one anchored choice

### Observations and sensations

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### Messages I am proud of

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