
30 Day Self Trust Rehab After Love Bombing

A Somatic First Recovery Workbook

This professional workbook guides you through a month of nervous system friendly practices to undo the hot cold loop of love bombing, rebuild boundaries, and recover your natural pace without losing your warmth or hope.

Prepared for: _____ Start date: _____

Clinician informed • Gentle • Actionable • Evidence aware

How to Use This Workbook

Move through sections in order. Keep your routines simple and consistent. Each daily spread includes morning steadiness, phone hygiene, boundary language, green flag noticing, and an evening reflection. Weekly reviews consolidate learning. Use the generous writing space. This is a lab, not a performance.

Headings and accents use light greens to cue calm and continuity. If you print in grayscale, the layout remains clear. Every page includes the site name in the footer for professional polish.

Preparation Checklist

☐	Mute or block non essential channels for two weeks
☐	Choose one trusted friend for reality checks
☐	Set two daily messaging windows for example 12 00 and 18 00
☐	Plan simple meals and morning light exposure
☐	Decide your boundary policies for work hours evenings exclusivity pace
☐	Pick one low arousal movement practice walk yoga mobility
☐	Prepare a journal and pen disable app badges
☐	Identify one weekly social anchor class or friend night

Day 1: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 2: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows Window 1: _____ to _____		Window 2: _____ to _____	
App badges	☐ Off	Auto replies	☐ On
Check in partner	Name: _____	Time:	_____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 3: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 4: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 5: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 6: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 7: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 8: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 9: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows Window 1: _____ to _____		Window 2: _____ to _____	
App badges	☐ Off	Auto replies	☐ On
Check in partner	Name: _____	Time: _____	

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 10: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 11: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 12: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 13: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 14: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 15: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows Window 1: _____ to _____		Window 2: _____ to _____	
App badges	☐ Off	Auto replies	☐ On
Check in partner	Name: _____	Time:	_____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 16: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 17: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 18: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 19: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 20: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows Window 1: _____ to _____		Window 2: _____ to _____	
App badges	☐ Off	Auto replies	☐ On
Check in partner	Name: _____	Time: _____	

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 21: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows Window 1: _____ to _____		Window 2: _____ to _____	
App badges	☐ Off	Auto replies	☐ On
Check in partner	Name: _____	Time:	_____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 22: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows Window 1: _____ to _____		Window 2: _____ to _____	
App badges	☐ Off	Auto replies	☐ On
Check in partner	Name: _____	Time: _____	

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 23: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 24: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 25: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 26: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 27: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 28: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 29: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows Window 1: _____ to _____		Window 2: _____ to _____	
App badges	☐ Off	Auto replies	☐ On
Check in partner	Name: _____	Time: _____	

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Day 30: Steadiness Over Spectacle

Today protect rhythm over drama. Keep the morning steady hold your messaging windows and notice one green flag in the wild. Write boundary language you will actually use and end with a short reflection.

Morning steadiness

☐ Wake at: _____	☐ Morning light: _____	☐ First meal: _____
☐ Movement: _____	☐ Hydration: _____	☐ Intention: _____

Phone hygiene

Messaging windows	Window 1: _____ to _____	Window 2: _____ to _____
App badges	☐ Off	Auto replies ☐ On
Check in partner	Name: _____	Time: _____

Boundary language practice

Policy	Your exact sentence observable and kind
Work hours	_____
Evening pace	_____
Exclusivity timing	_____
Location privacy	_____

Green flag noticing reliability I observed today	Evening reflection what steadiness felt like

Evening sleep plan

☐ Devices off at: _____	☐ Lights out at: _____	☐ Sleep quality: _____
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Week 1 Review Repair vs Reset and Green Flags

Date	What happened	Reset or Repair	What changed afterward
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____

Top five green flags I noticed this week

Relapse compassion plan what I will do if I text check or ruminate

Week 2 Review Repair vs Reset and Green Flags

Date	What happened	Reset or Repair	What changed afterward
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____

Top five green flags I noticed this week

Relapse compassion plan what I will do if I text check or ruminate

Week 3 Review Repair vs Reset and Green Flags

Date	What happened	Reset or Repair	What changed afterward
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____

Top five green flags I noticed this week

Relapse compassion plan what I will do if I text check or ruminate

Week 4 Review Repair vs Reset and Green Flags

Date	What happened	Reset or Repair	What changed afterward
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____

Top five green flags I noticed this week

Relapse compassion plan what I will do if I text check or ruminate

Boundary Language Lab Scripts That Hold Under Pressure

Context	Your script observable kind concise
Work hours	I do not message during work I will respond after 18 00.
Evening pace	I am protecting two phone free evenings this week talk tomorrow.
Exclusivity	I decide exclusivity after a few ordinary weeks and one repair conversation.
Location privacy	I am not sharing location I am happy to confirm plans and times.
Contact frequency	Two check in windows work best for me I will message then.

My custom scripts

Phone Hygiene Planner Make Rhythm Beat Reflex

Setting	Status	Notes
Badges	☐ Off ☐ On	
Focus or Do Not Disturb	☐ Work hours ☐ Evenings	
Auto replies	☐ Enabled	
Check in windows	1 ____ to ____ 2 ____ to ____	
App audit	☐ Kept ☐ Paused ☐ Deleted	

Craving map triggers to alternatives that actually soothe

Repair vs Reset Accountability in Action

Resets erase accountability with gestures while repairs name the rupture change behavior and stay changed. Use this tracker to move from spectacle to steadiness.

Date	Event or Trigger	Reset or Repair	What changed and persisted
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____
_____	_____	Reset / Repair _____	_____

Green Flag Ledger Retrain Your Taste for Reliability

[illegible]

Grief Pages A Funeral for the Dream

Write freely about the promises you were sold and never got to share. Tears are not a reason to return. They are proof that you can love.

Writing space

Writing space

Certificate of Completion

This certifies that _____ has completed the 30 Day Self Trust Rehab After Love Bombing.

Date: _____ Signature: _____