

What Stayed With Me Tool™

"For looking back at the work before moving forward"

Use this at the end of the program to identify which tools, insights, or moments actually landed and which ones you're ready to leave behind.

Step 1: What were the heavy hitters?

Focusing on the **Core Resonance**: *identifying the specific tools or videos that felt like they were written exactly for you.*

Examples:

- **The Shock of Recognition**: I felt a deep connection to the **Second Rock Bottom Map** because it finally gave me a way to talk about my slips without drowning in shame.
- **The Practical Pivot**: The **Action Anchor** became my go-to tool because it forced me to stop over-thinking and start actually changing my response.
- **The Pattern Break**: I finally understood my own reactions when I used the **Echo Pattern Log** to see where my old family scripts were still running the show.

My Review: (list the tools or moments that had the biggest impact on you.)

Step 2: What felt like a "miss"?

Focusing on **the Honest Audit**: *identifying the concepts that didn't quite click or felt like they weren't for you right now.*

Examples:

- **The Timing Gap**: I understood the Directional Glimpse in theory, but I'm just not in a place where I'm ready to look at the future yet.
- **The Resistance Point**: I struggled with What Did I Just Pick Up? because I'm still learning how to tell the difference between my feelings and other people's tension.
- **The Maintenance Fade**: I started some of the tools with a lot of energy but noticed I let the daily check-ins slide once the initial excitement wore off.

My Review: (describe the parts of the program that felt difficult or didn't land.)

Step 3: What's the "One Thing" I'm taking with me?

Focusing on **the Sustainable Change**: identifying the single most important move or thought you're committing to keeping.

Examples:

- **The Ten-Second Rule**: I'm keeping the 10-second circuit breaker as my primary move because it's the only thing that consistently stops my old scripts from taking over.
- **The Truth Habit**: I'm committing to Radical Transparency as my main anchor, choosing to tell the messy truth instead of performing like I'm okay.
- **The Body Check**: I'm going to keep using the Somatic Check-In to catch the physical tension in my chest before it turns into a full-blown reaction.

My Review: *(describe the one move or insight you're not willing to let go of.)*

Step 4: A note to the person I'm becoming

Focusing on **the Future Self**: identifying the version of you that exists now that you've finished this work.

Examples:

- **The Self-Compassion Script**: I'm learning that I don't have to be "healed" or perfect to be making real, measurable progress in my life.
- **The Boundary Builder**: I'm realizing that I can have my own needs and set my own limits without needing to justify them to everyone around me.
- **The Pattern Breaker**: I'm no longer just a person who reacts; I'm a person who catches the echo and chooses a different way forward.

My Review: *(write down one thing you want to remember about yourself after finishing this program.)*

The Final Move: One Real-Time Commitment The work doesn't end just because the videos do; it's a practice you carry into every new room you walk into. Before you put this final paper away, write down the one person you're going to share your "One Thing" with today.

My Test: _____