

## Chapter 16

### The 30-Day Returning to Yourself Reset

Understanding the self-abandonment pattern is an important step, but lasting change rarely happens through insight alone.

The nervous system learns through experience. Patterns that developed through repeated behaviour only begin to shift through repeated new experiences.

That's why this final section focuses on small daily practices.

These practices are not designed to create changes overnight. Instead, they introduce gentle adjustments that help your nervous system become familiar with a different way of responding to your emotional connections with others.

The goal of this reset is simple: **to help you notice the moments where you usually abandon yourself and begin experimenting with small alternatives.**

None of the exercises require confrontation or major decisions. The intention is simply to practise remaining

slightly more connected to yourself in everyday situations. You may notice moments where the exercises feel easy, you may also notice moments where they feel uncomfortable. Both responses are normal. If you've spent many years adapting automatically to maintain harmony, changing that pattern will feel unfamiliar at first.

Approach these exercises with curiosity rather than pressure. You're not trying to become perfect. You're simply creating opportunities to include yourself more often in your own life. Each day focuses on one small awareness or action.

## **Week 1**

### **Awareness**

The first week focuses on noticing the moments when the self-abandonment loop appears. You don't need to change anything yet. Simply observe.

## **Day 1**

Notice when you automatically agree with someone.

What was the situation?

---

How did it feel?

---

---

## **Day 2**

Notice when you minimise your feelings to keep the peace.

What did you feel originally?

---

What did you say instead?

---

---

### **Day 3**

Notice when you apologise even though something was not your fault.

What happened?

---

Why do you think the apology felt necessary?

---

---

### **Day 4**

Notice when you worry about someone else being upset with you.

What situation triggered this worry?

---

What thoughts appeared?

---

---

## **Day 5**

Notice moments where you feel responsible for someone else's emotional state.

What happened?

---

What did you feel responsible for?

---

---

## **Day 6**

Notice when you hesitate to express your opinion.

What were you thinking in that moment?

---

What might you have said if you felt completely comfortable?

---

---

## **Day 7**

Reflection.

Looking back over the week, what patterns did you notice?

---

---

---

---

## **Week 2**

### **The Pause**

This week focuses on slowing down automatic responses.

Your only goal is to create a pause and small moment of space before answering requests or responding to tension.

## **Day 8**

Pause before responding to a request.

What did you say instead of answering immediately?

---

---

## **Day 9**

Use a sentence that gives you time to think.

Example: "Let me get back to you."

How did it feel to pause?

---

---

## **Day 10**

Notice the urge to respond quickly.

Did you manage to pause?

---

What did you notice about that moment?

---

---

### **Day 11**

Pause when someone asks for help.

What did you learn about your initial reaction?

---

---

### **Day 12**

Pause before offering reassurance.

What did you notice about your instinct to fix the situation?

---

---

### **Day 13**

Allow silence in a conversation without immediately filling it.

How did that feel?

---

---

### **Day 14**

Reflection.

What did you learn about the power of pausing?

---

---

---

## **Week 3**

### **Expression**

This week focuses on allowing your preferences and opinions to be visible.

Start with very small situations.

## **Day 15**

Express a small preference today.

What did you say?

---

---

## **Day 16**

Share your opinion about something simple.

What was the situation?

---

---

## **Day 17**

Choose something instead of saying "I don't mind."

What did you choose?

---

---

## **Day 18**

Express how you feel about a plan or suggestion.

What happened?

---

---

## **Day 19**

Allow yourself to disagree gently.

What did you say?

---

---

## **Day 20**

Share something you genuinely enjoy.

How did it feel to express this?

---

---

## **Day 21**

Reflection.

How did expressing yourself feel this week?

---

---

---

## **Week 4**

### **Boundaries**

This week introduces small boundaries.

Remember, boundaries do not have to be loud and rebellious; they simply need to communicate your limits.

## **Day 22**

Say no to something small.

What happened?

---

---

## **Day 23**

Protect a small amount of your time.

How did you do this?

---

---

## **Day 24**

Express a limit. Example: "I can help for a short time."

What limit did you set?

---

---

## **Day 25**

Delay a request instead of agreeing immediately.

What did you say?

---

---

## **Day 26**

Notice a situation where a boundary would help.

What might that boundary look like?

---

---

## **Day 27**

Express one honest response where you might normally soften your reaction.

What did you say?

---

---

## **Day 28**

Reflection.

How did it feel to practise boundaries?

---

---

---

## **Day 29**

Notice any changes in how you respond to situations that once triggered self-abandonment.

---

---

---



## **Final Reflection**

The self-abandonment loop develops gradually through repeated adjustments made to preserve harmonious connections. Returning to yourself happens in the same way. The emotional parts of yourself that may have been quiet for many years begin to take their rightful place in your life again.

Where they were always meant to be.