

# #24 – THE CAUSE REPLACEMENT GUIDE

Five questions to help you swap the cause that keeps hurting you for the one that finally helps you.

You already know which choices create regret, chaos, heaviness, or self-betrayal.

You don't need more awareness of the problem –

you need a **replacement cause** that creates a *different return*.

This guide shows exactly how to make that shift.

## 1. What cause (emotion, need, or pattern) is creating the return I don't want?

Get literal.

Not emotional.

Not vague.

Name the exact reason you are choosing what you are choosing.

Your thoughts: \_\_\_\_\_

## 2. What feeling, need, or fear is driving me to make this choice?

You don't repeat bad choices because you're flawed.

You repeat them because you think they will fix something –

however temporarily.

Your thoughts: \_\_\_\_\_

## 3. How can I see what my choice means in the moment and what would it look like if I didn't have a need driving my choice?

There is always a counterpart: If you say:

- **Yes**-People-pleasing → **No**-boundary-setting for personal protection
- **Yes**-Avoidance of conflict → **No**-honest communication to prevent resentment
- **Yes**-Impulsive → **No**- intentional pause to consider consequences
- **Yes**-fall for shiny object bait and switch→ **No**-no consequences
- **Yes**-Self-abandonment to make another happy→ **No**-self-respect is my happy place
- **Yes**-Distraction with consequences→ **No**-emotional regulation because you don't need distraction

Find the parallel path.

Your thoughts: \_\_\_\_\_

## **4. What tiny shift can I make today to begin replacing the old cause with the new one?**

Replacement isn't dramatic.

It's consistent.

You don't need a transformation –  
you need a tweak you can repeat.

Your thoughts: \_\_\_\_\_

## **5. What new effect will this switch create if I repeat it for 30 days?**

Effects compound.

Small causes become big life changes.

Do the math – the future becomes obvious.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

You don't make different choices until you understand why you make the choices you do.

When you can see the reason, you can change the choice to  
one that doesn't require you to abandon yourself to get there.