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# CHAOS TO CALM

## *Reflection Guide*

This guide is inspired by Episode 3 of The Limitless Tribe Podcast. Use these prompts to pause, notice your patterns, and gently shift from chaos into calm.

Write freely, without judgment — every reflection brings you closer to the peace and love you deserve.

The Limitless Tribe  
**PODCAST** 



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## What did love look like growing up?

- What version of love did you see modeled as a kid—loud, silent, messy, safe?
- How has that shaped what you chase or tolerate today?
- How did you cope when there was tension or conflict with loved ones?

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**02.**

## What stories are you still carrying?

- What are the love stories you inherited that actually aren't yours?
- Which ones need to be rewritten so they don't keep running the show?

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**03.**

### **Chaos in the body, calm in the body.**

- When life gets chaotic, how does your body tell on you? (Heart racing, tightness, restlessness, etc) Tight jaw, racing thoughts, can't sit still?
- When calm shows up—does it feel foreign, boring, or actually like home?

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**04.**

## Spot the reruns.

- If your love life was a Netflix series, what episodes keep playing on repeat?
- What red flags did you fast-forward through or justify the first time around?

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**05.**

## Old armor vs. new truth.

- What armor did you put on in past relationships to feel safe? How do you keep yourself safe when life feels unstable?
- And now, which pieces of that armor are weighing you down instead of protecting you?

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**06.**

## Flip the script.

- Take one of your old love lies (like ‘chaos = passion’) and flip it into a new truth (like ‘consistency = safety = sexy’).
- What are 2–3 truths you want guiding your relationships from now on?

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**07.**

## **The vision test.**

Close your eyes and picture your everyday love life. How do you two fight, flirt, communicate, and care for each other? And when you step into that vision—how do you feel: safe, grounded, adored, calm?

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## Remember!

Your healing journey is yours — one reflection at a time. Every step you take brings you closer to calm, love, and wholeness. ❤️

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