

A serene evening scene with a sunset over a city, a lit candle, a cup of coffee, and a notebook on a wooden table.

# THE REALITY CHECK AT DUSK™

**Master Coach Sabrina Woods**

The Reality Check at Dusk™ was created to help women separate meaningful insight from manipulative mystical noise in a world that often profits from confusion.

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# 01

## 6 Questions to Ask Before You Absorb Another “Spiritual” Reel

# D.E.C.O.D.E.™

A grounded discernment tool created for spiritually curious women who want meaningful insight without losing emotional clarity, practical awareness, or common sense in a world full of mystical buzzwords and manipulative self-help messaging.

Inside this free guide you will learn how to:

- Spot emotional hooks quickly
- Recognize vague mystical language
- Separate insight from internet noise
- Calm your nervous system before absorbing content
- Stay spiritually open without becoming mentally captive

Stay spiritually curious, not mentally captive.

Coach Sabrina Woods

Emotional Intelligence Coach | Self-Awareness Educator

Founder of Reset & Rise Midlife™

## Welcome to The D.E.C.O.D.E.™ Checklist

If you have spent any time online lately, you have probably noticed the rise of “chosen one” videos, algorithm-fed destiny messages, coded spiritual buzzwords, fear-based mystical warnings, and self-help language designed to sound profound while often leaving you more mentally foggy than empowered.

This checklist was created because spiritual curiosity should never require confusion.

You are allowed to seek meaning, reflect deeply, stay open, and honor your inner life while also protecting your emotional grounding, practical reasoning, and discernment.

The D.E.C.O.D.E.™ Method will help you pause before you absorb messaging that feels urgent, mysterious, or spiritually charged.

My hope is simple: that this tool helps you think clearly, regulate fully, and choose what truly serves your growth.

With grounded clarity,

Coach Sabrina Woods

# 02

## D — Detect the Emotional Hook

What did this content make me feel immediately?

Fear? Relief? Urgency? Specialness? Validation? Confusion?

Before we believe anything, we first notice what emotion got activated. Manipulative content often works because it creates an instant emotional response before our critical thinking has time to catch up.

Pause and ask yourself: What feeling is this message pulling from me?

03

**E — Examine  
the Wording**

Are vague mystical phrases being used without clear explanation?

Examples may include words like activation, timeline shifts, downloads, chosen one, simulation, divine codes, they, or hidden messages.

If the wording sounds profound but lacks clear definition, slow down.

Not everything that sounds deep is automatically grounded truth.

# 04

## C — Clarify the Literal Claim

If I strip away the music, whisper voice, galaxy visuals, dramatic pauses, and cosmic language...what are they actually saying?

Can this message be explained in plain English?

If it cannot survive simple explanation, do not absorb it blindly.

Clarity is a form of self-protection.

05

**0 — Observe My  
Nervous System**

Do I feel calm understanding...or stimulated obsession?

Do I suddenly feel panicked, hyper-alert, spiritually urgent, superior, dependent, or desperate to keep searching for more signs?

Truth often settles the body.

Manipulation often stimulates the body.

Notice the difference.

06

**D — Decide  
What Aligns**

Is there grounded wisdom here, or mostly emotional seduction?

What part, if any, genuinely helps me become more aware, more responsible, more compassionate, or more clear in my everyday life?

Take what serves.

Release what confuses.

You do not owe every message your belief.

07

**E — Execute  
Practical  
Reflection**

What can I do in my real life with this information?

Can I journal?

Do I need rest?

Is there a boundary I need to set?

Do I need a real conversation?

Do I need to regulate my body before I keep scrolling?

If the content gives me no practical application, it may simply be mental entertainment disguised as spiritual depth.

## *Coach Sabrina's Grounding Reminder*

You do not have to reject spirituality to keep your discernment.

You are allowed to stay open, reflective, and curious while still protecting your emotional grounding and common sense.

Discernment is not cynicism.

It is self-respect.

Stay spiritually curious, not mentally captive.

Ready for Deeper Grounded Clarity?

The Reality Check at Dusk™ was created to help women separate meaningful insight from manipulative mystical noise in a world that often profits from confusion.

If this checklist helped you, stay connected for upcoming:

- Reality Check at Dusk<sup>TM</sup> video decodes
- D.E.C.O.D.E.<sup>TM</sup> discernment trainings
- emotionally grounded self-awareness resources
- deeper coaching opportunities

Follow Coach Sabrina Woods and Reset & Rise Midlife<sup>TM</sup> for more.



In a world brimming with mystical noise and manipulative self-help messaging, "The Reality Check at Dusk™" offers souls a powerful tool for discernment. Through the D.E.C.O.D.E.™ Checklist, readers will learn to identify emotional hooks, clarify vague spiritual claims, and maintain their emotional grounding while exploring their spiritual curiosity. Join me, Coach Sabrina Woods in reclaiming clarity and self-respect, ensuring that your search for meaning empowers rather than confuses.