

The Blame Reframe™ Workbook

Waves in Motion LLC™

Welcome

This workbook is designed to help readers recognize conditioned patterns, understand their nervous system responses, and reclaim conscious choice.

How to Use This Workbook

Complete one section at a time. Journal honestly. Return to earlier exercises as your awareness grows.

Module 1 – Your Operating System

Who installed my beliefs?

Family rules

Success/failure beliefs

Love & safety beliefs

Reflection

Journal:

Module 2 – Pattern Mapping

Trigger

Thought

Emotion

Behavior

Outcome

Choice Point

Journal:

Module 3 – The Blame Audit

Who or what do I blame?

How does blame protect me?

What changes if blame becomes curiosity?

Journal:

Module 4 – The Reframe

Old Story

Protective purpose

Underlying need

Compassionate reframe

New choice

Journal:

Module 5 – Eight Hidden Laws

Familiarity

Identity Protection

Attention

Emotional Priority

Social Gravity

Narrative

Consciousness

Compassion

Journal:

Module 6 – Nervous System Lens

Safe

Stressed

Threatened

Overwhelmed

Resources that regulate me

Journal:

Module 7 – Rewrite the Story

Old belief

Origin

Evidence

Replacement belief

Three reinforcing actions

Journal:

Module 8 – Choice Point

My trigger

My pause practice

My new response

Who supports me?

Journal:

30-Day Integration

Daily awareness

Pattern noticed

Choice made

Wins

Insights

Journal:

Website Downloads Included

- Choice Point worksheet
- Pattern Tracker
- Blame Audit
- Daily Journal
- Weekly Reflection

Notes:

30-Day Integration

Closing Declaration

I am not my conditioning.

I am awareness.

I reclaim choice.

I begin again.

Phase 1 Asset Checklist

- ✓ Premium Workbook
- ✓ Companion Journal (outline)
- ✓ Printable Choice Point Worksheet
- ✓ Printable Pattern Tracker
- ✓ Printable Blame Audit
- ✓ 30-Day Challenge
- ✓ Website download checklist