

THE APPROVAL TRAP

60-Second Daily Reset

Pause. Take one slow breath in. Take one slow breath out.

Notice. Right now, am I seeking:

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> approval | <input type="checkbox"/> safety |
| <input type="checkbox"/> certainty | <input type="checkbox"/> belonging |

(Just notice. No fixing.)

Name. The voice leading right now is: Small Self (protective) True Self (aligned)

Choose. One aligned action I can take *today* is:

Anchor. Quietly say: *"This choice matches my values."*

Close. *"I can trust myself today."*

How to use this (keep it light)

- Once per day
- One breath
- One honest answer
- No review, no judgment

That's it.