DAY 2

Understanding

Everything makes sense



Today is the click. You'll see that you already know how to visualize. You've been doing it for hours a day. It's called worry.

Two protocols. The first one shows you how good you already are at picturing things. The second one finds the setting that keeps pulling you back.

1. Watch the masterclass
2. Do today's protocols
3. Read the examples for your theme
4. Keep going in the app

1 Masterclass · The Engine & The Thermostat



Your 15-minute masterclass

The Engine: what you keep paying attention to becomes the picture you have of yourself, and that picture decides what you do next. The Thermostat: your picture of yourself is a setting, and life keeps getting pulled back to it. You don't get what you want. You get what matches your setting.

When the video ends: go to today's protocols ↓ *(Protocol 03: The Rerun Count · Protocol 04: The Setting Sheet)*

2 Today's protocols



PROTOCOL 03

The Rerun Count

All day · 10 min tonight | Today, from the moment you finish reading this.

"I can't visualize" is almost never true. Most people replay the scene they fear dozens of times a day, in full color, with sound.

A rerun is any scene you replay that you don't want. Counting them shows you two things: how much time your Engine spends on the wrong picture, and how skilled you already are.

The steps

1. **Catch your reruns.** Every time you notice yourself replaying a scene you don't want, write two words about it. "Bar scene." "Eviction." "Laughing at me."
2. **Rate it.** How vivid was it, from 1 to 10? Colors, sounds, words, the feeling in your body.
3. **Pick the strongest one.** Tonight, circle the most vivid rerun of the day.
4. **Write the opposite scene.** Same level of detail. Same colors. Same sounds. Same kind of words. Just the version you want.
5. **Don't use it yet.** Just notice how detailed you were when you were scared. That's your real skill level. It's much higher than you thought.

Your card *saved on this device*

Reruns today (two words each)

Number of reruns

The most vivid one (score /10)

The opposite scene, same detail

Chloe's Rerun Count

- Reruns: 14 (bar story ×6, "red nails" ×4, him laughing with friends ×4).
- Most vivid: the bar story, 9/10. She could hear the song.
- Opposite scene: his car outside her building, the hoodie on the passenger seat, "I was an idiot," the cold door handle in her hand.

Done when...

You have a number of reruns for today.

You wrote one opposite scene with as much detail as the fear.

You noticed you can visualize.

Worry is visualization in reverse

You don't need to learn to visualize. You need to change the channel. Tomorrow we build the scene you'll rehearse on purpose.



PROTOCOL 04

The Setting Sheet

10 minutes · 1 line a day for 21 days

📌 Today. Proof log starts tonight.

Your picture of yourself works like a thermostat. When life goes above it (a compliment, a windfall, a good week) you bring it back down without noticing.

You can't smash a thermostat. But you can turn the dial. One degree. Then live there until it's boring.

The steps

1. **Write ten "I'm the kind of person who..." sentences.** Fast. No editing. Don't write what you'd like to be true. The ugly ones are the useful ones.

2. **Circle the one your Target Card needs to change.** Usually the one that stings the most.

3. **Put it on trial.** Four questions. What's the real evidence (things a camera would have recorded)? Could I be wrong (three other explanations)? Would I say this about a friend? Why keep acting like it's true?

4. **Write your one-degree-up sentence.** Not the opposite. One degree. You should be able to say it without wincing too much.

5. **Log one proof a day.** Every evening, one line: something that fits the new setting. Small is better. For 21 days.

Your card *saved on this device*

Ten "I'm the kind of person who..."

The one I circle (my current setting)

Trial: the real evidence

Trial: three other explanations

Trial: would I say this about a friend?

Trial: why do I keep it?

My one-degree-up sentence

Proof log (one line a day)

Leo's Setting Sheet

- Setting: "People don't find me attractive."
- Evidence: one girl laughed when he walked past, in tenth grade. Six years ago.
- Why keep it: "If I don't try, I can't get rejected."
- One degree up: "Some people find me attractive. I don't have to know who."
- Proof, day 3: "A girl in class sat next to me when there were other seats."

Done when...

You found the setting that stings.

You put it on trial and wrote the answers.

You have a one-degree sentence you can almost believe.

Tonight's proof line is written.

Most settings stay because they protect you

Leo's setting protected him from rejection. It also protected him from everything else. Finding what yours protects you from is half the work.

3 Examples · Setting Sheet

Thirty-six settings and their first degree up. Notice how small the turn is. That's on purpose: 30 degrees at once always bounces back.



Love & relationships

Nobody can make another person love them, and nobody should try. The love examples are about wanting someone with an open hand: you work on what's yours (your feeling, your actions), and you leave the other person free.

The one who always gets left

SETTING

I'm the kind of person people leave.

TRIAL

Two breakups in eight years. Her friends from school are still here.

ONE DEGREE UP

Some people stay. My friends did.

PROOF

Her friend drove 40 minutes to see her.

Too much

SETTING

I'm too much for people.

TRIAL

One ex said it once, angry. Her sister says she's the warm one.

ONE DEGREE UP

Some people like how much I feel.

PROOF

A colleague thanked her for checking in.

Invisible on dates

SETTING

I'm boring on dates.

TRIAL

Three awkward dates. Also two that went on for hours.

ONE DEGREE UP

I'm good company with the right person.

PROOF

Her friend laughed at her story at lunch.

Not the marrying type

SETTING

I'm the kind of man women don't settle down with.

TRIAL

He picked people who were leaving town. Pattern, not fate.

ONE DEGREE UP

I can choose people who want to stay.

PROOF

He asked a second date about her plans. She had some.

The second choice

SETTING

I'm always someone's second choice.

TRIAL

One relationship where it was true. Her best friend calls her first.

ONE DEGREE UP

I'm someone's first call.

PROOF

Her sister called her first with the news.

Hard to love

SETTING

I'm hard to love.

TRIAL

Said by a parent in a bad year. Not a fact a camera recorded.

ONE DEGREE UP

I'm learning to be easy with myself.

PROOF

She made dinner just for her, and enjoyed it.



Money

Always broke

SETTING

I'm the kind of person who's always broke.

TRIAL

Broke right now. Wasn't in 2019.

ONE DEGREE UP

I'm broke right now, and I'm learning how money works.

PROOF

He tracked every expense for one day.

Bad with money

SETTING

I'm bad with money.

TRIAL

She runs a family of four on one salary. That's not "bad."

ONE DEGREE UP

I manage a lot with a little.

PROOF

She found 40 € of subscriptions to cancel.

Money isn't for people like me

SETTING

Money is for other people.

TRIAL

His cousin, same background, runs a business.

ONE DEGREE UP

People like me can earn more. My cousin did.

PROOF

He asked his cousin for one piece of advice.

Can't ask for more

SETTING

I'm not someone who negotiates.

TRIAL

She negotiates for her team every week.

ONE DEGREE UP

I negotiate well for others. I'm practicing for me.

PROOF

She asked for a 5% discount. Got it.

The windfall that vanishes

SETTING

Money never stays with me.

TRIAL

Every bonus disappeared within a month. Because nothing was planned.

ONE DEGREE UP

Money stays when I give it a job.

PROOF

He moved 50 € to savings on payday.

The cheap freelancer

SETTING

Clients won't pay more for my work.

TRIAL

She never asked. Her best client never complained about price.

ONE DEGREE UP

Some clients pay more for good work.

PROOF

A new client accepted her higher rate.



Work, career & exams

Not smart enough

SETTING

I'm not smart enough for this school.

TRIAL

Top grades in the subjects she likes.

ONE DEGREE UP

I'm smart in the subjects I care about.

PROOF

Her teacher kept her drawing for the class.

Not a leader

SETTING

I'm not leader material.

TRIAL

She trains every new hire. They ask for her.

ONE DEGREE UP

People already learn from me.

PROOF

A junior thanked her for her help.

Freezes in interviews

SETTING

I always freeze in interviews.

TRIAL

Froze twice. Did fine in four others.

ONE DEGREE UP

I do fine when I've practiced out loud.

PROOF

He practiced one answer out loud. It flowed.

Too old to change

SETTING

I'm too old to start over.

TRIAL

Two people in her training started at 52.

ONE DEGREE UP

People start over at my age. Some of them in my class.

PROOF

She finished her first module.

The lazy one

SETTING

I'm lazy.

TRIAL

He works double shifts in summer. He's tired, not lazy.

ONE DEGREE UP

I work hard on things I've chosen.

PROOF

He studied 20 minutes after his shift.

Not a real artist

SETTING

I'm just a hobbyist.

TRIAL

She's sold six prints this year.

ONE DEGREE UP

I'm an artist who's starting to sell.

PROOF

Someone asked for her price.



Body & self-image

The ugly one

SETTING

People don't find me attractive.

TRIAL

One girl laughed, in tenth grade. Six years ago.

ONE DEGREE UP

Some people find me attractive. I don't have to know who.

PROOF

Someone said "nice jacket."

The big one

SETTING

I'm the fat friend.

TRIAL

Her friends never call her that. She does.

ONE DEGREE UP

I'm the friend people want at parties.

PROOF

She was invited to two parties this month.

No willpower

SETTING

I have no willpower with food.

TRIAL

She raised three kids. That's willpower.

ONE DEGREE UP

I can make one good choice a day.

PROOF

She cooked dinner instead of ordering.

Not sporty

SETTING

I'm not a sporty person.

TRIAL

Never found a sport he liked. Never tried climbing.

ONE DEGREE UP

I haven't found my sport yet.

PROOF

He booked a trial climbing session.

Hiding the skin

SETTING

Everyone stares at my skin.

TRIAL

She asked two friends. Neither had noticed.

ONE DEGREE UP

Most people are busy thinking about themselves.

PROOF

She went to the bakery with no makeup. Nothing happened.

Getting old

SETTING

I'm past it.

TRIAL

Sixty-one. Walks 8 km on Sundays.

ONE DEGREE UP

My body still does a lot for me.

PROOF

He carried his grandson up the stairs.



Health & well-being

The health examples are about calm, sleep, habits and following your care. Nothing here replaces a doctor. Your thoughts didn't cause an illness, and thinking alone won't cure one. Use this to feel steadier and act better. And keep your medical follow-up. Always both, never one instead of the other.

The bad sleeper

SETTING

I'm a terrible sleeper.

TRIAL

Sleeps well on holidays. The problem might be the phone and the stress.

ONE DEGREE UP

I sleep better when I protect my evenings.

PROOF

Phone out of the room. Slept 6h30.

The anxious one

SETTING

I'm an anxious person.

TRIAL

Anxious, and also calm with his dog, his music, his brother.

ONE DEGREE UP

I have anxious moments and calm moments.

PROOF

Twenty calm minutes walking the dog.

Always tired

SETTING

I'm just a tired person.

TRIAL

Never had a check-up. Never slept before midnight.

ONE DEGREE UP

My energy depends on what I can change.

PROOF

Booked the blood test. Bed by 11.

The smoker

SETTING

I'm a smoker.

TRIAL

He's also someone who quit for six months in 2021.

ONE DEGREE UP

I'm someone who's quitting.

PROOF

Day 4 without a cigarette.

The fragile body

SETTING

My body always lets me down.

TRIAL

It also carried her through two births and a marathon.

ONE DEGREE UP

My body is doing its best, and I'm helping it.

PROOF

She did all her exercises today.

The stress magnet

SETTING

Stress follows me everywhere.

TRIAL

Calm on Sunday mornings. Stressed when her inbox is open.

ONE DEGREE UP

I can make calm moments on purpose.

PROOF

Ten minutes of tea, no phone.



Confidence & self-worth

The quiet one

SETTING

I'm the quiet one nobody listens to.

TRIAL

People listen when she speaks. She rarely speaks.

ONE DEGREE UP

When I speak, people listen.

PROOF

She said one sentence in the meeting. Her boss wrote it down.

The people-pleaser

SETTING

I'm the one who can't say no.

TRIAL

She said no to her kids' fourth snack today.

ONE DEGREE UP

I can say no. I'm practicing with adults.

PROOF

She said "let me think about it" once.

The impostor

SETTING

Sooner or later they'll find out I'm a fraud.

TRIAL

Two years, three good reviews, one promotion.

ONE DEGREE UP

I'm good at my job and still learning.

PROOF

A client said "that's exactly what we needed."

The black sheep

SETTING

I'm the disappointment of the family.

TRIAL

Her mother brags about her to her friends.

ONE DEGREE UP

My family is proud in ways they don't say.

PROOF

Her aunt asked about her work.

The shy one

SETTING

I'm too shy to make friends.

TRIAL

He made two good friends at his last job.

ONE DEGREE UP

I make friends slowly. Slow still works.

PROOF

He asked a colleague to lunch.

The unlucky one

SETTING

Nothing good ever happens to me.

TRIAL

She listed 12 good things from last year in five minutes.

ONE DEGREE UP

Good things happen to me. I just forget them.

PROOF

She wrote down three good things before bed.



Log your proof in the app

One line a night, 21 days. The app keeps the streak and shows you the list when you doubt.

Tomorrow: you'll feel it. You'll build the scene you rehearse on purpose, and the sentences you can actually believe.

This program is educational. It is not medical, psychological or financial advice, and it does not replace a professional. If you're struggling, reach out to a doctor or a local helpline.