

SELF HEALING

R O A D M A P

A 30-Day Emotional Reset for the
Overwhelmed, Numb, and Ready
to Return to Themselves



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SECTION 1

MANIFESTO

Great mental health allows
people to fully realize their own
abilities regardless of the You're
Not Weak. You're Just Done
Pretending.

You were never taught how to
stay with yourself in pain.

You were taught to function.

Smile. Push through.

To explain away what hurts. To
abandon what's real.

Somewhere along the way, your
nervous system stopped feeling
safe inside your own skin.

You became fluent in survival,
but foreign to your own needs.

You're not here because you're
broken.

You're here because you're
exhausted from pretending
you're not.

This is not a workbook. This is a
return.

A reset for the parts of you that
have waited years to be felt,



For 30 days, you are invited to slow down without guilt.

To sit with yourself without judgment.

To ask:

"What do I feel?"

"What do I need?"

"Where did I disappear?"

You do not have to "heal" on anyone else's timeline.

You do not have to turn your pain into a TED Talk.

You just have to stay — gently, honestly — with yourself.

One breath.

One boundary.

One page at a time.

Welcome to GAFAVE.

Welcome home.



Section 2

Quick Start

A Gentle Structure for Returning to Yourself

You don't need another self-help plan you won't finish.

You need rhythm. Simplicity. Something that meets you where you are — not where you “should” be.

? What You're Really Getting Here

This is a 30-day nervous system rhythm — not a test of willpower.

The GAFAVE Self-Healing Primer is built around 3 anchoring rituals:

A Gentle Structure for Returning to Yourself

① The Foundational Daily Practice

A 3-part check-in (morning / midday / night) that teaches your system how to feel again — without judgment.

? Morning: return to self before the world enters

 Midday: check for signs of shutdown, anxiety, or self-abandonment

 Night: process what you ignored all day, gently



Section 2

Quick Start

② The Emotional Reset Map (30-Day Road)

Each week, you'll focus on a different layer of emotional reconnection:

Week 1: Recognize your emotional wounds

Week 2: Reclaim your voice and self-respect

Week 3: Restore nervous system safety

Week 4: Rewrite your internal narrative

Each day has a micro-practice — 5 to 15 minutes max.

A Gentle Structure for Returning to Yourself

③ Weekly Reset Rituals (x4)

Once a week, you'll take 30 minutes to sit, reflect, and release.

No noise. No performance. Just you and the truth.

This is where real change happens — not by doing more, but by letting go of what you've been carrying.



Section 2

Quick Start



How to Start — No Perfection Required

Step 1: Print or open the 30-Day Emotional Map

Step 2: Begin your Day 1 practice — just one step is enough

Step 3: Use the Weekly Reset Ritual every Sunday (or whatever your quiet day is)

You don't have to do it "right."
You just have to stay —
in the room, in the page, in the process.
Some days you'll be deep.
Some days you'll just circle a word.
Both count. Both are healing.

A Gentle Structure for Returning to Yourself

Section 3

THE FOUNDATIONAL DAILY PRACTICE



LETS

- “Show up.
- Breathe.
- Not abandon yourself today.”



Truth Is

You don't need motivation.
You need rhythm.

- This daily practice is a 3-part ritual to return to your body, your truth, and your self-respect — even when you feel like shutting down.

MORNING

"I Begin in Honesty"

Before the world enters your body, your inbox, or your mind — return to yourself first.

1. Ground Your Nervous System (2 Minutes)

- ☐ Close eyes.
- ☐ 3 deep breaths — in through nose, out through mouth
- ☐ Whisper: "I'm safe to feel what I feel today."

2. Honest Gratitude

Write one thing you truly appreciate — not what you "should."

Example: warmth, silence, music, a small win, your own breath

3. Daily Intentional Prompt

Choose or write your intention:

- ☐ "Today, I will move at my own pace."
- ☐ "Today, I will not lie to myself."
- ☐ "Today, I will protect my peace."
- ☐ Write your own: _____



MIDDAY

“I Interrupt the Spiral”

Pause. Check in. Before the anxiety becomes autopilot.

1. Body + Emotion Roll Call

What do I feel physically? _____

What emotion is quietly present right now?

2. Need Audit

What do I need right now that I've been avoiding?

☐ Stillness ☐ Food ☐ Silence ☐ Support ☐ Movement ☐ Nothing ☐

Boundaries

☐ To cry ☐ To be alone ☐ To speak truth

Other: _____

3. Permission Statement

“I give myself permission to need what I need — even if no one else understands



NIGHT

"I Reclaim My Story"

Don't carry today's weight into tomorrow. Let it breathe before you sleep.

1. Emotional Inventory

What triggered me today? _____

What did I feel but not express? _____

Where did I abandon myself (if anywhere)? _____

2. One Small Win

What did I do today that honored me?

Even if it's just "I didn't collapse." That counts.

3. Closure (Mirror Work or Quiet Affirmation)

Look at yourself. Or just sit still. Say:

"You are still here. And that's enough. We begin again tomorrow."

♥ Repeat Daily — Even If You Miss a Day

This is not about streaks. It's about relationship.

The more often you return, the more you remember who you are.



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

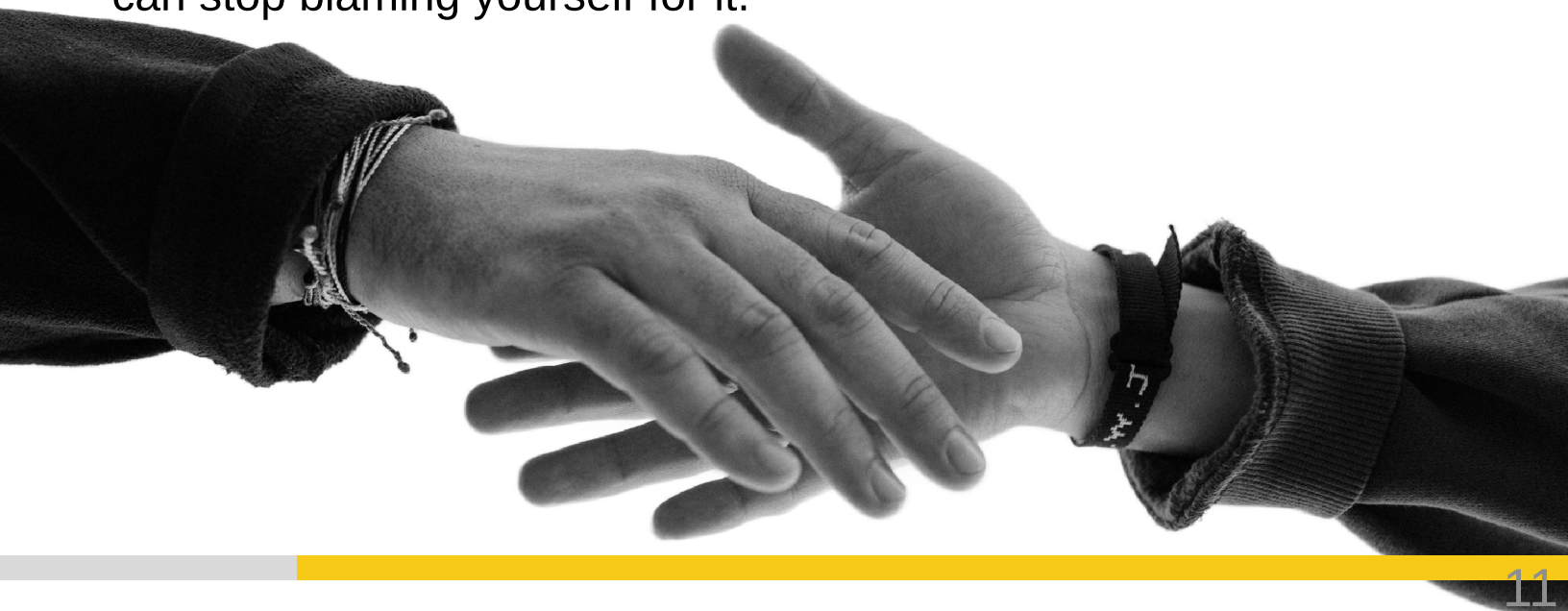
Naming the Places Where You Left Yourself to Survive

You didn't betray yourself because you wanted to.

You did it because at some point, it felt like the only way to stay safe, accepted, or loved.

Self-abandonment is subtle. It shows up in your silence, your overfunctioning, your exhaustion.

This is where we begin naming the damage — so you can stop blaming yourself for it.



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

① The Wound of Emotional Repression

What it feels like: “I don’t even know what I’m feeling anymore.”

You grew up in a space where emotions were inconvenient or unsafe.

So you learned to numb, minimize, or intellectualize them. You smile when you’re angry.

You shut down instead of speak up.

You call it “being chill” but you’re secretly flooding inside.

 Healing begins when you stop translating your emotions into politeness.



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

② The Wound of Over-Responsibility

What it feels like: “If I don’t hold it all together, it’ll fall apart.”

You were made to feel like other people’s comfort, peace, or emotions were your job.

You apologize even when you’re not wrong.

You anticipate everyone’s needs but ignore your own.

You think love = self-sacrifice.

 Healing begins when you let people feel their own feelings — and stop calling it selfish when you rest.



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

③ The Wound of Chronic Self-Doubt

What it feels like: “I can’t trust my own decisions.”

You were gaslit, overcorrected, or shamed for your instincts.

You second-guess your choices constantly.

You seek permission before speaking.

You don’t know what you want — only what others expect.

 Healing begins when you pause and ask, “What would I choose if I trusted myself?”



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

④ The Wound of Fawn + Performance

What it feels like: “If I’m useful enough, they’ll love me.”
You learned that safety came from being agreeable, needed, or impressive.
You’re always “on.”

You feel guilty saying no.

You confuse being liked with being safe.

 Healing begins when you let people experience your boundaries — and survive it.



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

⑤ The Wound of Unprocessed Shame

What it feels like: “Something is wrong with me.”

You carry deep-rooted beliefs that you are broken, unworthy, or “too much.”

You reject praise.

You sabotage good things.

You keep trying to “fix” yourself instead of meet yourself.

 Healing begins when you remember: shame cannot survive honest attention.



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

⑥ The Wound of Silenced Voice

What it feels like: “No one ever really hears me.”

You were ignored, interrupted, or punished for expressing yourself.

You downplay your truth.

You feel invisible in groups.

You say “It’s fine” when it’s not.

 Healing begins when you speak — not to be understood, but to be real.



SECTION 4

THE 7 WOUNDS OF SELF-ABANDONMENT

⑦ The Wound of Nervous System Burnout

What it feels like: “I’m always tired, even after I rest.”
Your body has lived in fight, flight, or freeze so long that rest no longer feels restorative.
You wake up exhausted.

You swing between numbness and anxiety.

You “disappear” for days and call it laziness.

🩹 Healing begins when you stop chasing productivity — and start rebuilding safety.

You may feel all of these.
That’s okay. They’re layered, not linear.
We don’t heal by fixing ourselves.
We heal by returning to the places we left — one at a time, without shame.



SECTION 5

HEALING THROUGH RHYTHM

The 4R Cycle: A Daily Path Out of Self-Abandonment

Healing isn't linear.

But it's not chaos either.

It's a rhythm — and most of us were never taught the beat.

When we've lived in survival mode, healing feels foreign.

We expect to either fix everything overnight or give up entirely.

The truth? Healing happens in rhythms.

And when you follow them — even imperfectly — you start to feel yourself again.

STAGE	DESCRIPTION
 Recognize	Become aware of what's happening inside — without judgment. - “I feel...”, “I’m triggered by...”, “I’m shutting down.”
 Reclaim	Name what you need — and allow yourself to want it. “I need space.” “I need rest.” “I need to cry.”
 Regulate	Tend to your body. Use breath, sound, stillness, or movement to reset. “I’m coming back into my body now.”
? Rewrite	Practice new internal language. Break the loop by choosing self-respect over shame. “I’m not broken — I’m learning.” “I showed up today.”



WHY

It Matters

Most people stay stuck in recognize → shame → numb

They notice their pattern... then collapse. This rhythm interrupts that collapse — and gives you a path forward, even when you're tired.

Section 5

HEALING THROUGH RHYTHM

Use It Like This:

Caught in a spiral? → Pause and walk through the 4Rs.

Feeling nothing at all? → Start with "What can I recognize about my body right now?"

Triggered during your day? → Run the 4R cycle in 90 seconds. Just naming the steps is healing.

This cycle is a compass. You don't need to walk it perfectly. You just need to remember it — so you don't forget yourself when it matters most.

SECTION 6

30-DAY EMOTIONAL RESET PLAN

A Month of Returning to Yourself — Gently, Honestly, and On Purpose

You're not lazy. You're not broken.

You're exhausted from self-abandonment.

This 30-day rhythm is here to help you come back —
one truth, one breath, one boundary at a time



SECTION 6

30-DAY EMOTIONAL RESET PLAN

- WEEK 1: RECOGNIZE** Theme: Naming What's Been Silently Hurting
Core Wounds Targeted: Emotional repression, shame, disconnection
Daily Micro-Practices:
- Day 1: "What emotion do I avoid the most?"
- Day 2: Sit in silence for 3 minutes — write what surfaces
- Day 3: Track 3 times you said "I'm fine" when you weren't
- Day 4: Write a letter to a part of you that feels broken
- Day 5: Complete the sentence: "If I could feel anything, I would feel..."
- Day 6: Mirror work: "I'm allowed to hurt. I'm still worthy."
- Day 7: Rest without guilt — journal what tries to interrupt that rest



SECTION 6

30-DAY EMOTIONAL RESET PLAN

WEEK 2: RECLAIM

Theme: Reconnecting to Needs, Voice, and Boundaries
Core Wounds Targeted: Fawning, silenced voice, chronic self-doubt

Daily Micro-Practices:

Day 8: Name a boundary you wish you'd kept

Day 9: Practice saying “no” out loud (no explanation)

Day 10: Voice Memo: say what you really wanted to say this week

Day 11: Write a list of 10 things that make you feel safe

Day 12: Catch one moment where you shrink — and breathe instead

Day 13: Mirror work: “I am allowed to take up space.”

Day 14: Write a permission slip: “I give myself permission to...”



SECTION 6

30-DAY EMOTIONAL RESET PLAN

WEEK 3: REGULATE

Theme: Restoring Safety in the Body

Core Wounds Targeted: Nervous system burnout, over-responsibility

Daily Micro-Practices:

Day 15: Shake your body for 1 minute — then breathe deeply

Day 16: Stretch for 5 minutes while repeating: “I am here.”

Day 17: Scan your body: jaw, shoulders, stomach — where do you clench?

Day 18: Create a grounding playlist — play 1 song and move

Day 19: Set a timer for 10 minutes. Do nothing. Observe.

Day 20: Mirror work: “My body is not the enemy.”

Day 21: Drink water slowly. Feel every sip.



SECTION 6

30-DAY EMOTIONAL RESET PLAN

WEEK 4: REWRITE

Theme: Shifting Internal Narratives + Building Self-Trust
Core Wounds Targeted: Shame, hyper-independence, unworthiness

Daily Micro-Practices:

Day 22: Identify one belief you inherited — is it still true?

Day 23: Write: “If I trusted myself, I would...”

Day 24: Rewrite a shame spiral: What would compassion say instead?

Day 25: Write your own “I forgive myself for...” list

Day 26: Visualize yourself as a child. What do they need to hear?

Day 27: Mirror work: “I am not a project. I am a person.”

Day 28: Write a declaration: “Here’s who I am becoming...”



SECTION 6 30-DAY EMOTIONAL RESET PLAN

WEEK 5 (BONUS): RE-INTEGRATE

Days 29–30: Integration + Reflection

Day 29: List the moments you showed up this month

Day 30: Write a letter to your Day 1 self — speak truth and pride

Optional Closing: Burn the letter or reread it out loud — let it mark your beginning



SECTION 7

WEEKLY

RESET RITUALS

Stop Carrying Old Pain Into New Weeks

Most people relive the same emotional week over and over.

They never stop to ask:

“What am I still holding that I don’t need to carry anymore?”

These rituals help you let go, gently.

Not through force — through truth.

Each Sunday, block 30 quiet minutes. No phone. No pretending. Just you, pen, and presence.



SECTION 7

WEEKLY RESET RITUAL

WEEK 1 — What Am I Still Numbing?

What feelings came up this week that I didn't process?

What did I avoid — and why?

What did my body try to say to me?

Write a letter to the emotion you avoided most:

"I see you. I'm listening now."

End with this:

"This week, I give myself permission to feel without shame."

THE
JOURNEY
IS ON

SECTION 7

WEEKLY RESET RITUAL

WEEK 2 — What Truth Did I Swallow?

When did I silence myself this week?

What truth do I wish I had said — and to whom?

What would it feel like to speak that truth now?

Optional exercise:

Write a voice memo or letter with the truth you've been hiding.

End with:

"This week, I give myself permission to take up space."

THE
JOURNEY
IS ON

SECTION 7

WEEKLY RESET RITUAL

WEEK 3 — Where Did I Abandon Myself?

What boundary did I override?

What need did I ignore to keep the peace?

What moment this week made me feel small — and what did I believe about myself in that moment?

Draw two columns:

“What I did” vs. “What I needed”

End with:

“This week, I return to myself. Even if no one else understands it.”

THE
JOURNEY
IS ON

SECTION 7

WEEKLY RESET RITUAL

WEEK 4 — What Am I Ready to Release?

What no longer serves the version of me I'm becoming?

What shame story have I outgrown?

Who am I becoming — and what part of me needs to be forgiven to grow?

Write a letter of release to your former self:

"Thank you for surviving. I don't need to carry this anymore."

Optional: Burn or tear the page. Let it go physically.

End with:

"This week, I move forward lighter — with love, not blame."

These rituals are your anchor.

They remind you: growth isn't about perfection — it's about not disappearing when things get hard.

THE
JOURNEY
IS ON



Section 8

EMERGENCY GROUNDING KIT

This page is for the moments when the work feels impossible.

When your chest is tight.

When your thoughts are racing.

When your body disappears and you don't feel like yourself.

Come here. Don't figure anything out. Just follow the steps.

What to Do When You're Spiraling,
Shutting Down, or Can't Breathe



Section 8

EMERGENCY GROUNDING KIT

When You're in a Spiral (Anxiety, Shame, Emotional Flashback)

Name 5 Things Around You

Look. Say them out loud.

"Lamp. Wall. Door. My hand. The window."

This anchors your brain to the present.

Breathe in a Box (4-4-4-4)

Inhale 4 sec → Hold 4 sec → Exhale 4 sec
→ Hold 4 sec

Do this 4x. Even if it feels silly.

What to Do When You're Spiraling, Shutting Down, or Can't Breathe

Tap Your Chest, Then Your Thighs

Left, right, left, right.

This mimics your body's natural calming rhythm.

Say One Truth

"I'm safe right now."

"This feeling is not forever."

"I've survived worse."



Section 8

EMERGENCY GROUNDING KIT

When You're Numb or Shut Down
Touch Something Cold
Ice. Water. Metal.
Say out loud what it feels like.

Stand Up and Shake
Move your arms. Your legs. Jump if you can.
Get out of your head — even for 10 seconds.

What to Do When You're Spiraling, Shutting Down, or Can't Breathe

Play a Grounding Sound
Use a song, nature audio, or white noise.
Let the sound tether you to now.

Repeat a Safety Mantra

"I'm allowed to rest. I'm allowed to feel."
"I'm still here. I'm still mine."



Section 8

EMERGENCY GROUNDING KIT

⚡ Emergency Touchstones (Use as Needed)
Grab a pen. Write what you feel. Don't censor.

Hug a pillow or blanket. Say: 'I'm safe. I'm home.'

What to Do When You're Spiraling, Shutting Down, or Can't Breathe

Repeat: 'This will pass. I will stay.'

You don't have to fix the whole feeling.
Just stay with yourself for 30 more seconds.
That's how nervous systems relearn safety.
That's how you come home.

Section 9

EMOTIONAL DEBRIEF SHEETS



When Something Hits You Hard — Don't Ignore It. Debrief It.

Most of us were never taught to process emotional episodes.

We either repress them, over-explain them, or spiral in shame.

These debrief sheets exist so you can actually understand what happened — not just relive it on a loop.



WHEN TO USE THESE:

Use after any of the following:

A trigger or emotional flashback

A conversation that left you off-center

A conflict where you felt unheard or disrespected

A moment of self-sabotage, shutdown, or regression

Any time your nervous system said: "What the hell just happened?"

SECTION 9

EMOTIONAL DEBRIEF PROMPTS

(Print or Repeat in Journal)

1. What happened? (Facts only, no judgment)

"I got a text that made my chest tighten. I stopped replying."

"They raised their voice. I froze."

"I ate, scrolled, and zoned out for 2 hours."

2. What emotion came up — and where did you feel it?

☐ Anger

☐ Sadness

☐ Fear

☐ Shame

☐ Numbness

☐ Other: _____

Felt in my:

☐ Chest ☐ Gut ☐ Throat ☐ Jaw ☐ Legs ☐ Back ☐ Hands

3. What did you believe about yourself in that moment?

"I'm not safe."

"I'm weak."

"I don't matter."

"I'm too much."

"I'll always mess this up."

🧩 This is your core wound talking — not your truth.



SECTION 9

EMOTIONAL DEBRIEF PROMPTS

(Print or Repeat in Journal)

4. What did you need in that moment?

- ☐ Safety
- ☐ Reassurance
- ☐ To be heard
- ☐ Space
- ☐ Boundaries
- ☐ To cry
- ☐ To scream
- ☐ To be held

Other: _____

5. What would compassion say to you right now?

"You didn't do anything wrong."

"Of course that was hard."

"You get to begin again."

"Even this version of you is lovable."



SECTION 9

EMOTIONAL DEBRIEF PROMPTS

(Print or Repeat in Journal)

6. What is one small thing I can do now to regulate?

- ☐ Breathe
- ☐ Move
- ☐ Write
- ☐ Speak
- ☐ Silence
- ☐ Music
- ☐ Cry
- ☐ Ask for help

You don't need to solve the whole thing.

You just need to witness yourself without shame.

That's what ends the spiral. That's what builds self-trust.





SECTION 10

FINAL INTEGRATION

+ NEXT STEPS

You're Not Finished — You're Just Beginning to Come Home

If you've made it here, it means you didn't give up on yourself. That matters. That counts. That's healing.
This is not a graduation. It's a reunion with parts of you that had been waiting quietly to be heard.
Now we pause, reflect, and chart your next chapter — on your terms.

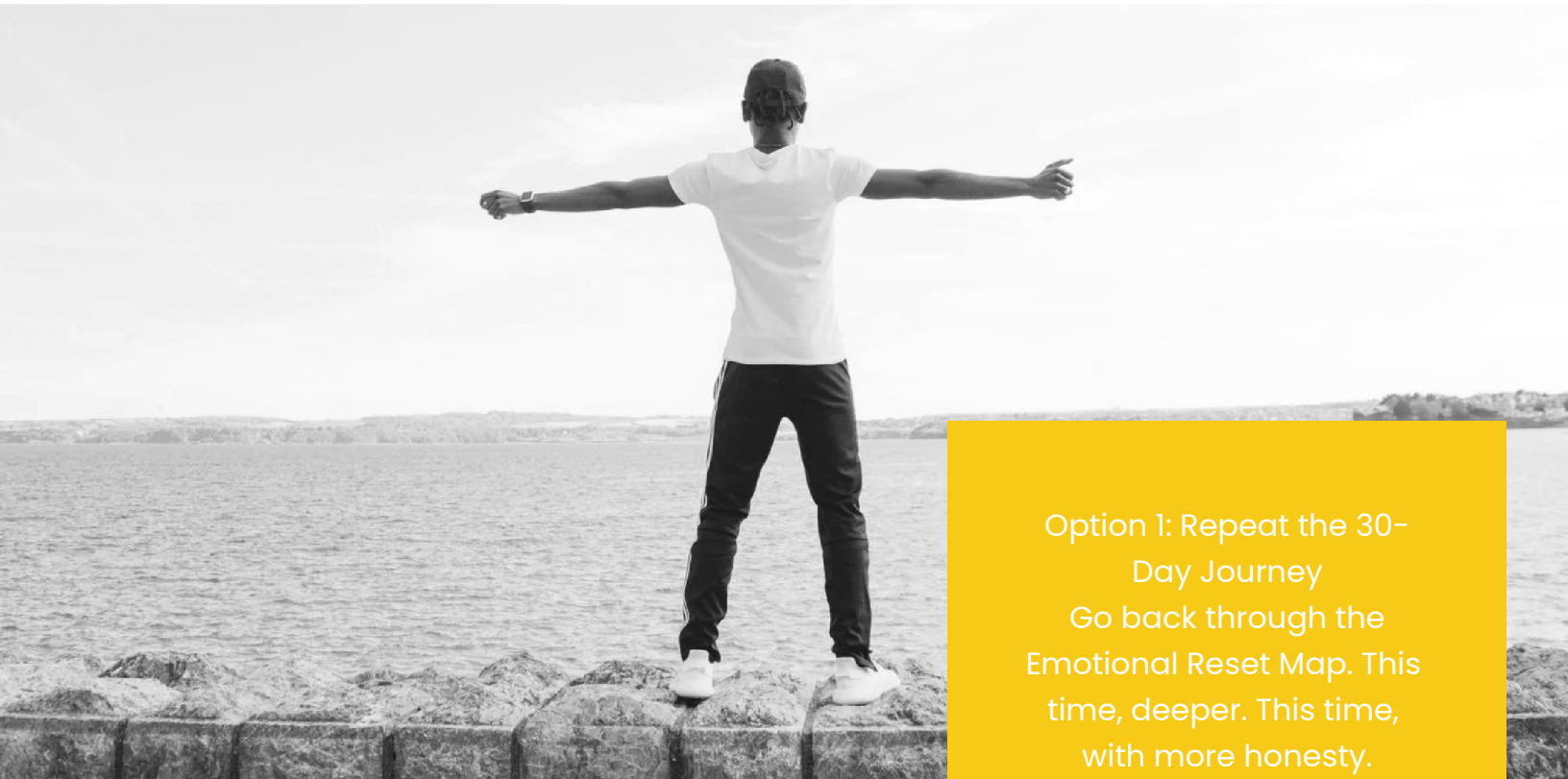
INTEGRATION PROMPTS (Use for Reflection or Journaling)

1. What did I learn about myself in this process?
 - ☐ Emotionally
 - ☐ Physically
 - ☐ Spiritually
 - ☐ In relationship with others
2. What old beliefs did I outgrow — or begin to question?
 - "I'm too much."
 - "I'm alone in this."
 - "I can't trust myself."
3. What am I proud of — even if no one else sees it?
 - "I showed up when I wanted to disappear."
 - "I told the truth to myself."
 - "I rested without guilt."
4. What will I carry forward — no matter what?
 - ☐ My right to feel
 - ☐ My right to rest
 - ☐ My right to speak
 - ☐ My right to need

YOUR NEXT STEP OPTIONS:

Analysis

HOW TO MOVE FORWARD



Option 1: Repeat the 30-Day Journey
Go back through the Emotional Reset Map. This time, deeper. This time, with more honesty.

Option 2: Go Deeper with the Full GAFAVE Self-Healing System

If you're ready for the full framework, tools, deep dives, and guided support —

The complete program is waiting for you. Only if it feels right.

It's not a sale. It's an invitation.

If the free version helped, the full version is a home.

Option 3: Just Rest.

Let this land. Let your nervous system catch up.

Not every step has to be forward. Some are inward.

The most radical thing you can do is not leave yourself.

Especially when it's hard.

Especially when you used to.

You're not starting over. You're starting differently.

You're still here.

That's enough.

Welcome back.