

01 / UNDERSTAND THE RESET

Forgive. Decide. Follow through.

A practical guide to forgiveness, access, and boundaries you can actually keep.

You can forgive someone and still close the door. You can also leave room for repair without handing over the same access immediately. The decision belongs to you.

Forgiveness: what you choose to release

Forgiveness can mean choosing not to organize your life around resentment. It does not require forgetting what happened or calling it acceptable.

Reconciliation: what you choose to rebuild

Repair asks for participation from both people. Accountability, changed behavior, and consistency matter more than a moving apology.

Access: what you choose to allow

Time, attention, availability, money, and intimacy are forms of access. You can change one without making every relationship an all-or-nothing decision.

**An apology is a sentence.
Change is a pattern.**

YOUR FIRST FIVE MINUTES

Choose one recurring situation. Name what happens, what it costs, and one response you control. Start small enough to follow through. Use the worksheet on the next page.

02 / COMPLETE YOUR RESET

Put the pattern on paper.

Work on one situation. Be specific enough that you could recognize the next occurrence.

01 NAME THE PATTERN

What keeps happening? Describe observable actions, not assumed motives.

02 NAME THE COST

What does it cost you in time, energy, trust, or peace?

03 CHOOSE YOUR LIMIT

What will you accept? What will you no longer participate in?

04 PUT IT INTO WORDS

Use: "If ___ happens, I will ___." Choose a response you control.

05 DEFINE THE EVIDENCE

What sustained behavior would justify reconsidering the level of access?

03 / SAY IT CLEARLY

Four scripts you can adapt.

Keep the words calm, direct, and short. Explain the limit once; make the next step clear.

When a conversation turns insulting

"I want to talk this through. If the insults continue, I will end the conversation and return to it when we can speak respectfully."

You control whether you stay in the conversation, not the other person's tone.

When someone repeatedly asks for money

"I care about you, but I will not lend more money. I can help you think through other options if you want."

Offering another kind of help is optional. Do not promise it unless you mean it.

When work takes every evening

"I can complete A by Friday or A and B by Tuesday. I am unavailable tonight. Which priority should I focus on first?"

Give a realistic choice. Avoid quietly agreeing to a deadline you cannot keep.

When an apology arrives without change

"I appreciate the apology. I am not ready to return to how things were. I need to see this change consistently before I reconsider."

Name the behavior you need to see. A dramatic promise is not a track record.

04 / HOLD WITHOUT ESCALATING

The boundary is your next move.

A limit that depends entirely on someone else agreeing is difficult to keep.

Expect pushback. Prepare your response.

If you hear "You have changed," try: "Yes. I am changing what I agree to." If you hear "You are overreacting," try: "You see it differently. My limit is still the same." You do not need to win the argument to keep the boundary.

Follow through without adding punishment.

Use the response you named: end the call, decline the loan, leave at the agreed time, or pause a commitment. Do not add a new threat in the heat of the moment. The aim is a clear limit you can sustain.

Look for repair in ordinary behavior.

Before increasing access, ask: Do they name what happened without shifting blame? Do they respect the limit without bargaining? Does the change hold when it is inconvenient? What has happened repeatedly, beyond the apology?

Reconsider deliberately.

Repair can be real. You can try a smaller, reversible level of access and see what happens. You are allowed to revise a boundary when the evidence changes; you do not have to erase it because someone wants a faster answer.

**An uncomfortable conversation is not proof
that your boundary is wrong.**

Do not use silence, money, or affection to force obedience. State what you will do and own that choice. A boundary protects your participation; it is not a license to control another person.

05 / TAKE THE NEXT SEVEN DAYS

Make the reset a practice.

You do not need seven perfect days. You need one honest decision followed by consistent action.

DAY 1 - Observe

Record one example of the pattern. Write what happened, without embellishing it.

DAY 2 - Decide

Choose one limit and one response you can carry out. Check that it is practical.

DAY 3 - Rehearse

Say your sentence aloud. Remove blame, extra explanations, and threats.

DAY 4 - Communicate

Choose a suitable time. State the limit clearly. If you have already stated it, stop repeating the speech.

DAY 5 - Follow through

Use your planned response if the pattern occurs. If you waver, name it and reset.

DAY 6 - Review the evidence

Notice actions, not only intentions. What improved? What repeated?

DAY 7 - Choose the next step

Keep, adjust, or strengthen the limit based on what happened. Set a review date.

MY COMMITMENT

The action I will take next: _____

When I will take it: _____

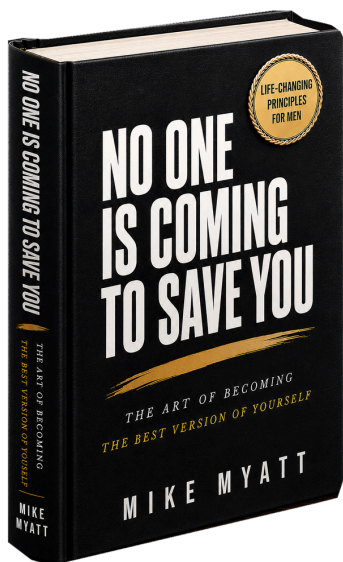
When I will review the result: _____

06 / CONTINUE BECOMING

Get the book. Add the coaching.

If this guide helped you see one pattern more clearly, keep going.

Insight is the beginning. A better life asks you to act on what you now see. Do not let this become another document you save while the same pattern keeps running.



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