STOP BEING A SLAVE TO THE PULL

(a practice, in motion)

a self-guided workbook for regulation & subconscious reprogramming

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CHTU
COMING HOME TO US

the intention

THE ASK

To build tolerance for the moment you feel yourself being jerked out of one state and into another. And then decide where you want to shift your energy, and experience life accordingly.

To become aware of the pull.
To recognize the old paradigm trying to take over.
To decide whether you actually want to lean into that state.
And if not, to have somewhere else to go.

It's not about never getting pulled.
It's about getting better at noticing when you are.

part one:
catch it

it's not about never getting pulled.

part one

CATCH IT

The first practice is simply noticing when it happens.

Something comes in, and you feel yourself start to slide. The practice is to catch that moment before you become completely identified with the new state, while there's still a part of you watching it happen.

The goal here is not to get rid of the feeling. It's to recognize:

I am experiencing a pull.

That one sentence creates a tiny bit of distance. You stop being the pull, and become someone who is having one.

When it happens, ask yourself

1. WHAT STATE WAS I IN BEFORE THIS HAPPENED?
   Name it. Open, hopeful, calm, excited, neutral.

2. WHAT STATE AM I BEING PULLED INTO NOW?
   Heavy, anxious, small, defeated, frantic, numb.

3. WHAT STORY IS THIS INPUT TRYING TO ACTIVATE?
   Usually it's old, familiar, and it sounds like a fact.

Catching it late still counts. Catching it an hour later, or the next day, is how you train yourself to catch it sooner next time.

save it. screenshot it. stick it on the fridge.

IN THE MOMENT

1 CATCH IT
"I'm being pulled."

2 NAME THE OLD PARADIGM
"This is activating it's not working out."

3 TOLERATE THE FEELING
Don't immediately fix it. Don't immediately chase reassurance. Let yourself feel the pull.

4 DECIDE
Do I actually want to lean into this state?

5 USE YOUR ANCHORING PHRASE
Reach for the phrase you've already paired with your deeper work.

6 PULL UP EVIDENCE
Even one example. Where has this not been true before?

7 RETURN TO YOUR BODY
Conjure even 5% of the state you've been rehearsing. Not fake positivity. Just enough to remember: there is another pathway available to me.

MY ANCHOR

that was just the beginning.

the full workbook has 34 pages of practice.

- Your brain on the pull: the neuroscience, in plain language
- All five parts, each with its own worksheets
- The Receipts: your evidence bank of experiences, people and memories
- Morning and bedtime practices
- Pull Logs and a 21-day tracker

GET THE FULL WORKBOOK

cominghometous.org

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